

Prevention

Herbal Remedies

ALL-NATURAL CURES

TREAT
65
AILMENTS

Feel
Better
Fast

EASE
ACHES

BOOST
IMMUNITY

RELIEVE
STRESS

SLEEP
SOUNDLY

GET
GLOWING
SKIN

Best
Uses for
Essential
Oils



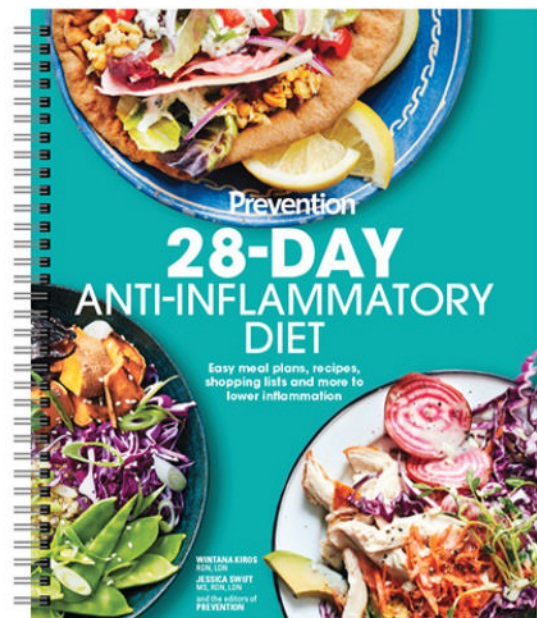
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PROMOTION

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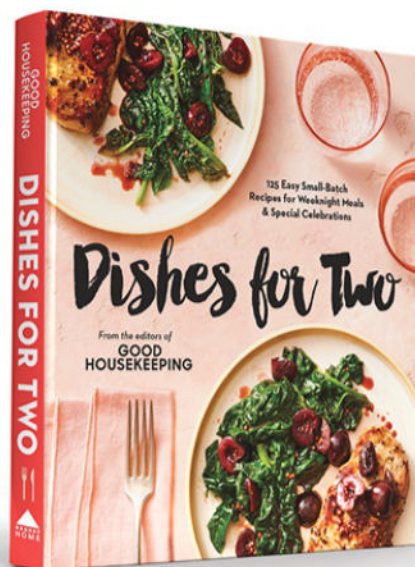
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ALL-NATURAL CURES



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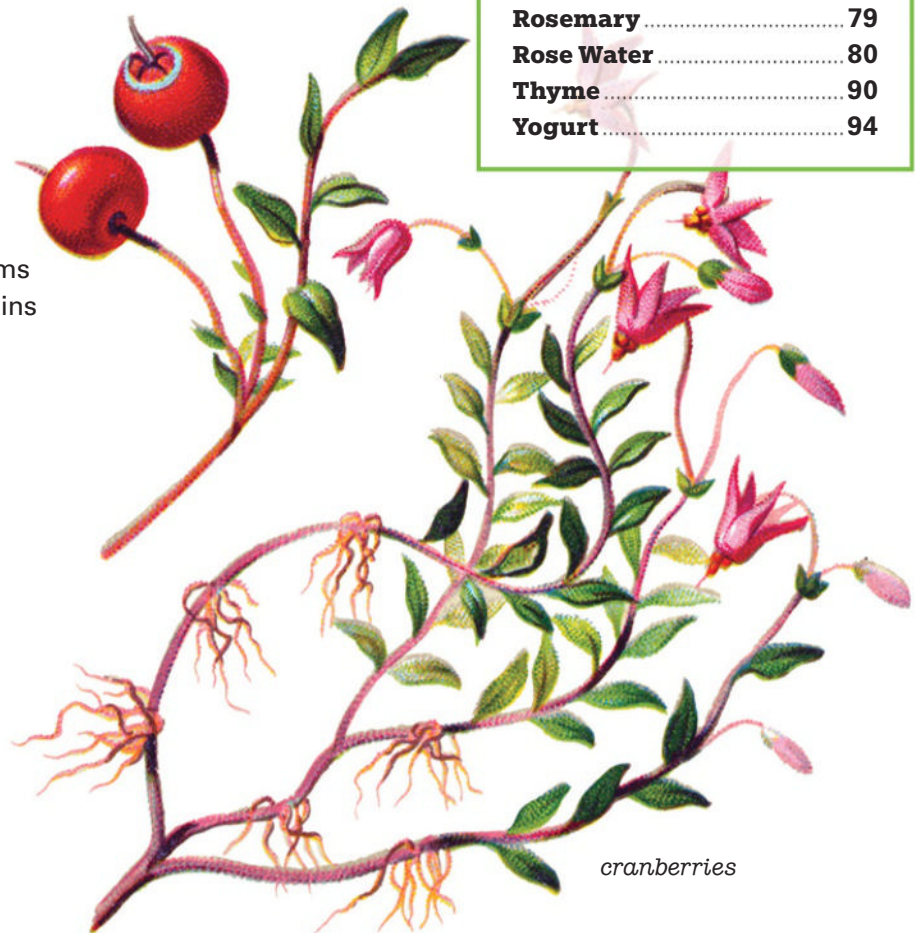
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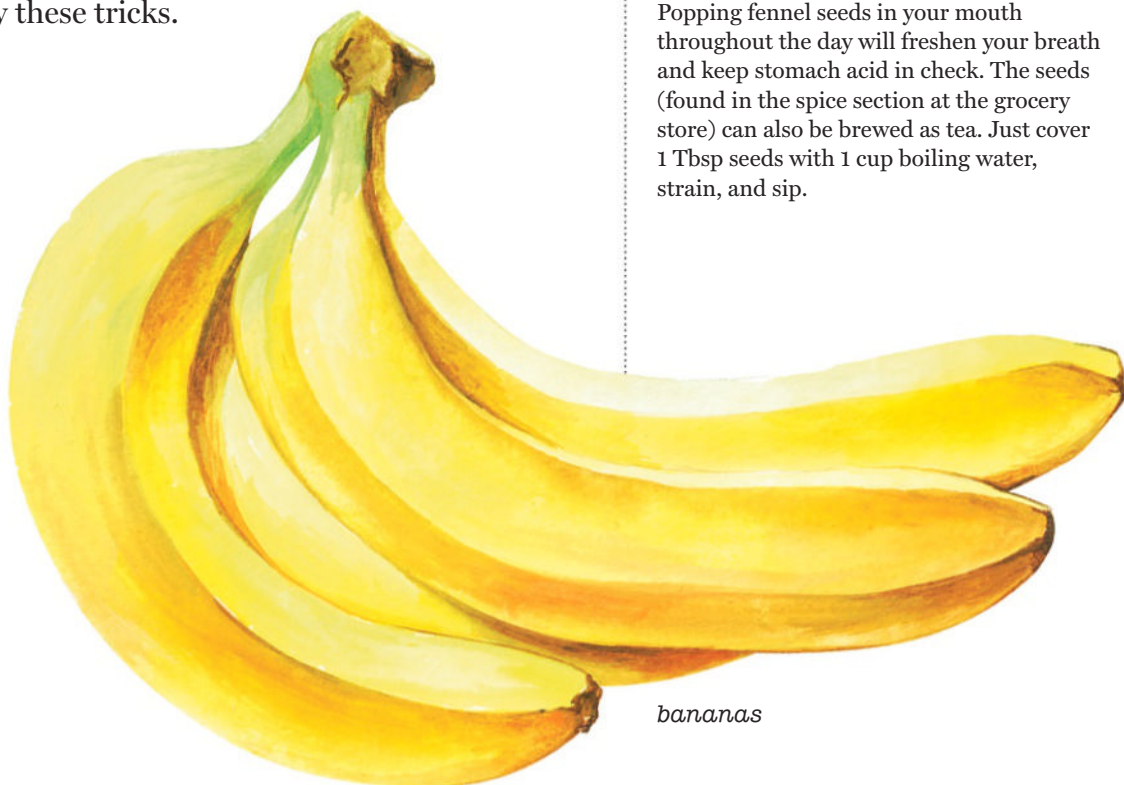


cranberries

A

Acid Reflux

The terms *acid reflux* and *heartburn* are sometimes used interchangeably, but they're not the same thing. Acid reflux occurs when stomach acid is regurgitated up into your esophagus, and you don't feel it. But that reflux can lead to heartburn, that burning discomfort in the center of your chest as the acid irritates your esophagus. To prevent both issues, try these tricks.



Get Help From Ginger

Ginger is the most helpful spice for heartburn, says Daniel B. Mowrey, Ph.D., the author of *Scientific Validation of Herbal Medicine*. "I've seen it work often enough that I'm convinced," he says. "We're not sure how it works, but it seems to absorb the acid and has the secondary effect of calming the nerves." Take it in capsules, and increase the dose as needed. You know you've taken enough, Mowrey says, when you start to taste ginger in your throat.

Buy a Banana

This low-acid fruit is a great food to reach for if you're feeling the symptoms of heartburn. A banana forms a protective film that coats, protects, and soothes the irritated esophageal lining.

Enjoy Almond Milk

You'll start your day with fewer digestive issues if you blend an almond milk smoothie for breakfast. Almond milk is alkaline, so it helps neutralize acidic foods. To make a tasty and filling smoothie, try blending together 1 cup strawberries, 1 frozen banana, 1 cup unsweetened almond milk, and 1 cup spinach.

Sleep on Your Left Side

The esophagus enters the stomach on your right side. Sleeping on your left prevents remaining food in your stomach from pressing on the opening to the esophagus, which could lead to reflux.

Chew Fennel Seeds

Popping fennel seeds in your mouth throughout the day will freshen your breath and keep stomach acid in check. The seeds (found in the spice section at the grocery store) can also be brewed as tea. Just cover 1 Tbsp seeds with 1 cup boiling water, strain, and sip.

bananas



fennel



Acne

Alas, it's not just a problem for teenagers.

Brew Chamomile Tea

If a pimple is red or inflamed, soak a chamomile tea bag in cold water, then apply it to your skin for 30 seconds. Chamomile is a natural anti-inflammatory, and research shows that using a 2% tea lotion significantly reduces acne flare-ups.

Ditch the Minerals

Contrary to popular belief, not all mineral powders are appropriate for women with acne, says Francesca Fusco, M.D., a clinical professor of dermatology at the Icahn School of Medicine at Mount Sinai in New York. "There's some preliminary evidence suggesting that mineral-powder makeup contributes to inflammatory acne, which looks like little red bumps," she says.

TRY

Honey & Turmeric

"You can make a great pimple paste with honey—any kind, but I prefer raw—and turmeric. Mix $\frac{1}{4}$ tsp of each—a little goes a long way. Make a paste, and apply directly to the pimple." (Note: This may leave a temporary yellow stain on your skin, which you can remove with coconut oil.)

—Trevor Cates, naturopath in Utah

Allergies

A runny nose, congestion, itchy eyes, and sneezing—they're a way of life for the 50 million Americans plagued by seasonal allergies. Fortunately, says integrative medicine practitioner and educator **Andrew Weil, M.D.**, there's much you can do to breathe easier beyond taking medications.

LIFESTYLE CHANGES

Clean Dust Catchers

Wash quilts and carpets weekly, and encase your mattress and pillows in dustproof, mite-proof covers.

Use a HEPA Filter

A high-efficiency particulate air filter can trap pollutants circulating in your home.

Limit Dairy

Eating and drinking fewer dairy products can help: The protein casein in cow's milk often causes immune irritation and congestion.

Try Hypnosis

Allergies often lead to mind-body interventions. A hypnotist can help teach your subconscious mind that pollen, dust, and other allergens can't affect you—and you may breathe easier as a result.

REMEDIES TO TRY

Supplements

"My favorite herbal option is stinging nettle," Dr. Weil says.

"I recommend taking a 300-mg capsule of the freeze-dried leaves twice a day while symptoms persist. For prevention, try taking 500 mg of bioflavonoid quercetin daily for at least six weeks.



stinging nettle



A photograph of an aloe vera plant and several sliced pieces of the plant on a light-colored, textured surface. A piece of white, frayed fabric is draped in the upper left corner. The aloe vera leaves are green and thick, with some slices showing the clear gel inside. The plant's roots are visible in the upper right corner.

Aloe Vera

Do you remember Mom rubbing aloe vera gel on your lobster-red back after a day at the pool? She was onto something: Aloe vera can be a useful staple when it comes to at-home healing. Plus, it is low maintenance and grows quickly. Here, three easy ways to use it from Maura Henninger, a naturopath in New York.

Soothe Your Skin

Aloe vera helps soften wrinkles and lighten dark spots thanks to its collagen-stimulating effect on the skin—and it's a lot less pricey than department store products. Its antiseptic qualities may also calm acne. Apply a thin layer of the gel morning and night.

Heal Burns

Try aloe vera as a cooling anesthetic for a small cooking burn or a sunburn on your nose. Wash the area with cool water, and make sure the skin isn't broken (if it is, see a doctor). Cut an aloe leaf in half, and gently rub the gel on the burn. Reapply every two hours on the first day, then twice daily until the burn has completely healed. "Aloe vera is anti-inflammatory and increases production of collagen [a structural protein], so it may speed up the skin's healing process," Henninger says.

Freshen Your Mouth

For a natural breath improver, swish with aloe vera juice (available at health-food stores and online). "It's antiseptic, and the anti-inflammatory properties can improve gum health," Henninger says. In fact, one study found that it reduced dental plaque as well as traditional mouthwash. Rinse with the juice once or twice a day, but be careful not to swallow it since it contains a potent laxative.

Anxiety

This is a natural reaction to life's challenging situations. In small doses, anxiety can be a good thing—motivating you to meet a deadline or preparing you for an important event. But in large doses, it can be so severe that it undermines your ability to function. Here are some tips for getting a handle on your nerves.

Take Slow, Deep Breaths

"Regulating your breathing is a surprisingly effective antianxiety measure," says Bernard Vittone, M.D., a psychiatrist in Washington, DC. He recommends inhaling slowly through your nose while holding one nostril closed, holding your breath for about 10 seconds, and then slowly exhaling through your mouth. Repeat the process, closing the other nostril. Place your hand on your diaphragm, just below your rib cage, and feel it rise with each inhalation and fall with each exhalation. Practice this technique throughout the day for one minute or whenever you feel anxious.

Make Time for Meditation

Do some sort of meditative activity for at least 15 min., up to four times a day. Research shows that meditation can significantly reduce anxiety. Find a quiet environment, clear your mind, and actively relax, Dr. Vittone says. "Focus on a mantra or make your mind a blank slate—whatever works for you."

Prepare to Sleep

At night, that is. "Give yourself time to unwind and relax," Dr. Vittone says. Take 30 to 50 min. to do something that's quiet and not stressful before bed. Read a light novel, listen to peaceful music, or take a warm bath. Avoid active tasks like housework.

Stop the Stimulus

People who are too anxious need to decrease stimulation around them, Dr. Vittone says. Here are some ways to eliminate the racket vying for your attention:

- Turn off the car radio when you're driving, roll down the windows, and enjoy the breeze.
- When you get home, keep your telephone ringer off for an hour or so to unwind.
- During the workday, enjoy your lunch away from your desk—and away from your cell phone if possible.
- Relax at night without the television; even if you use it as background noise, it's still unnecessary stimulation.
- At least one day a week, take a break from checking the news online or on television.
- Meet up with friends somewhere you can really talk and relax, like a park instead of a noisy restaurant.

TRY

Catnip

Your cat's favorite herb can help relieve anxiety in humans. It's easy to grow in a home garden, and you can drink it in tea or take it as a supplement. Catnip is a stimulant when cats sniff it but has the opposite effect on people. For us, it's relaxing and calms the mind.

—Eric Yarnell, naturopath in Seattle



catnip



Apple Cider Vinegar

Fall is prime season for apples, but you can tap into the benefits of cider vinegar year-round. With its high levels of acetic acid, the vinegar can soothe inflammation, raise your metabolism, and knock out bacteria, says Maura Henninger, a naturopath in New York. She shares some fresh ideas for using it.

Treat Your Scalp

Kill fungi that contribute to dandruff while improving your scalp's overall health: Add equal parts cider vinegar and water to a spray bottle, and spritz on hair; shampoo after 15 minutes. Or use it as a weekly clarifying rinse to remove product buildup.

Even Out Blood Sugar

Cider vinegar has been touted as helping people eat less by stabilizing blood sugar and giving a feeling of fullness. (If you have diabetes or acid reflux, check with a doctor first.) Sip this metabolic booster with meals: Stir 2 Tbsp and a little stevia or honey into hot green tea (also reputed to stimulate metabolism).

Quench Your Skin's Thirst

Skin has an acidic barrier that maintains its moisture levels and protects against infection and diseases like eczema. You can restore its acidity—and rev up moisture—by adding this to a lukewarm bath: 1 cup cider vinegar, ½ cup coconut oil, and 10 drops lavender essential oil. After soaking, apply moisturizer liberally while skin is still damp. (And keep the remedy in mind for next summer: It's also great for taking the sting out of a sunburn.)

Arthritis

Americans spend \$140 billion—yes, billion—on arthritis treatments each year. So it should come as no surprise that physicians, researchers, and the rest of us are always on the lookout for the latest ways to ease its pain. While home remedies can play a significant role in reducing it, there's a lot of misinformation out there. Learn what you can do to feel better.

Don't Rely on Glucosamine

Glucosamine is a natural compound found in your joints and the cartilage around them, says Eric Matteson, M.D., an emeritus chair of rheumatology at the Mayo Clinic in Rochester, MN. Although this supplement is widely available and helpful to some, it doesn't do what most people think it does. "Patients think taking it as a pill will rebuild joints," he says. But it doesn't. "Unless you inject it into the joint"—which can be done at your doctor's office—"there's no way of getting it into your joints," he says. "But some people say they get some pain relief in the short term."

TRY

Gelatin

Natural gelatin has collagen, which is made from pig skin or cow bone and may help relieve joint pain and inflammation. Add natural gelatin to fruit and fruit juice to make a refreshing dessert, or take collagen supplements. One study found that people who regularly took collagen reported less knee pain.

—Mark Moyad, M.D., author of *The Supplement Handbook*



ginger

3 EDIBLE REMEDIES

BEFORE HEADING TO THE PHARMACY,
YOU CAN FIND ALL THESE PAIN FIGHTERS AT HOME.

Fish Oil

One of the most popular nutritional supplements. Studies show that the fatty acids in fish oil helped people with morning stiffness, painful joints, and a lack of strength in the hands and reduced the need for anti-inflammatory drugs.

Turmeric

This herb that's grown throughout India has been used in Ayurvedic medicine for centuries. Curcumin, the yellow compound in turmeric, is being studied as a potential way to prevent or help treat arthritis pain.

Ginger

This tasty wonder spice not only perks up your stir-fries but also aids with joint health. Brew a mild tea by putting three or four slices of fresh ginger in a cup of boiling water, says Charles Lo, M.D., an internist and an acupuncturist in Chicago.



ANTI-INFLAMMATORY ROASTED SQUASH + APPLE SOUP

The beta-carotene in squash can also reduce inflammation and may help ease inflammatory diseases like rheumatoid arthritis.

SERVES 4

- 1 butternut squash (about 2 lbs), halved, seeds removed**
- 1 lb Granny Smith apples, peeled, cored, and cut into wedges**
- 1 Tbsp olive oil**
- 2 onions, chopped**
- 4 tsp chopped garlic**
- 2 cups reduced-sodium chicken broth**
- Kosher salt and pepper**
- Apple slices (optional)**
- Pure maple syrup (optional)**

1. Heat oven to 400°F.

2. Put squash and apples cut sides down on a large baking sheet coated with cooking spray. Roast, turning apples, until squash is tender and apples are golden brown, 25 min. for apples and 45 min. for squash.

3. Heat oil in a pot over medium. Add onions and garlic, and cook, stirring, 6 min. Add broth, and bring to a simmer.

4. Scoop half of the squash into a blender with half of the apples and half of the broth mixture. Puree until smooth. (Be careful when blending hot liquids.) Repeat with remaining ingredients. Season with salt and pepper.

5. Serve in bowls, and garnish with apple slices and a drizzle of maple syrup if desired.

NUTRITION (per serving) 195 cal, 4 g pro, 43 g carb, 7 g fiber, 3.5 g fat (0.5 g sat fat), 236 mg sodium

Athlete's Foot

This fungal infection often occurs in people who have sweaty feet and wear tight shoes.

Cooling Foot Powder

This light, fragrant powder absorbs moisture and fights bacteria to eradicate perspiration and odor; it also helps relieve athlete's foot. It can be made into a body powder if you use lavender essential oil in place of the tea tree oil.

½ cup arrowroot powder

½ cup cosmetic clay

2 Tbsp ground ginger

20 drops tea tree or lavender essential oil

1. In a large jar, combine arrowroot, cosmetic clay, and ginger. Cover, and shake to mix.
2. Add essential oil, and shake again. (Sift the powder through a fine-mesh strainer to break up any drops of oil.)
3. Store in a covered dark glass jar.

HOW TO USE IT

Apply as needed to feet or body. The powder will keep indefinitely stored in a cool, dry place.



B



turmeric

Back Pain

Back pain is the second most common reason Americans see their doctors (after colds and the flu). In fact, research shows that up to 90% of adults have back pain at some time in their lives. Both back and neck pain can be eased and prevented with a few time-tested methods, ditching bad habits, and exercising your back and neck regularly.

Add Flaxseed Oil to Your Juice

Flaxseed oil contains alpha-linolenic acid, a substance similar to the omega-3 fatty acids found in fish that can prevent joint swelling. Take 2 tsp a day. Keep it refrigerated because flaxseed oil spoils quickly.

Turn to Spices

Turmeric and ginger help reduce production of leukotrienes, substances that can trigger inflammation. Take 1 to 2 g of each spice a day in supplement form until your pain is relieved.



TRY A

Natural Pain Cream

For a natural alternative to oral pain relievers, look to herbal remedies.

HOW IT WORKS

Capsaicin, the substance that gives cayenne pepper its heat, can help ease muscle and joint aches. Studies show it tamps down chemical messengers that transmit pain messages in the brain.

HOW TO USE IT

Look for OTC capsaicin ointments and creams, and follow the package directions.

TRY

White Willow

Available as a supplement, white willow is sometimes considered an alternative to aspirin because it contains salicin, a natural form of the drug's pain-relieving component. It's often used to enhance other anti-inflammatory treatments.

—Ellen Kamhi, Ph.D., author of *The Natural Medicine Chest*

EASY MOVES FOR A BAD BACK

IF YOUR DOCTOR GIVES THE OK, TRY THESE EXERCISES TO STRETCH AND STRENGTHEN YOUR BACK.

STRETCH

Half Lunge

Stand with your feet staggered and your left leg in front. Bend your front knee about 90 degrees and your back knee a few inches from the floor. Press your right hip forward, feeling a stretch along the front of your hip. Hold that position for 20 to 30 seconds. Switch sides.

YOGA

Child's Pose

Sit on your heels with your knees hip distance apart. Exhale, and lower your torso between your thighs. Reach your arms forward. Hold for 30 to 60 seconds.

PILATES

Bridge

Lie on your back with knees bent and feet flat on the floor, hip width apart, and arms at your sides, palms down. Inhale, press your feet into the floor, and lift your hips. Use your legs to raise the abdomen a little higher, and press your shoulders into the floor to lift your chest. Hold for 4 to 8 breaths, then lower hips to the floor. Repeat 3 to 5 times, pausing for 1 to 2 breaths between reps.



Basil

Many herbs in your kitchen have benefits that go well beyond spicing up your dinner. Here are some surprising uses for basil from nurse practitioner Caitlin Policastro, the clinical director of the New York Center for Innovative Medicine.

Quiet a Cough

If you are hacking or sense that scratchy feeling coming on, try using basil to alleviate congestion. Boil about 15 fresh leaves in 2 qt water with a spoonful of cloves (they're antimicrobial) until half the water remains. Stir in 1 tsp manuka honey (a natural expectorant), and sip daily until you're feeling better.

Rejuvenate Your Hair and Skin

Sweet basil oil (which is derived from the herb) can stimulate circulation, improve skin tone, and help regulate the production of scalp oil. Mix a few drops into a bit of coconut or jojoba oil, then apply it to your face to give it a nice glow or to your scalp to promote healthy hair growth.



Bruises

Unless you encase yourself in bubble wrap, you'll never be immune to an occasional mishap. But you can lessen the likelihood of a minor injury turning into a larger problem and help the black-and-blue fade.

Prop Up Your Feet

Bruises are little reservoirs of blood. Like any liquid, blood runs downhill. If you do a lot of standing, blood that has collected in a bruise will seep down through your soft tissues and find other places to puddle. "Elevation will also help ease any swelling," says Monica Halem, M.D., a dermatologist in New York.

Calm With K

Vitamin K decreases bruising—inside and out—by helping blood clot. Rub some vitamin K cream (available in drugstores and online) on a bruise a few times a day to clear it up faster. You can also minimize bruising or ease the severity of a bruise by boosting your intake of vitamin K-rich foods. Good sources: leafy green vegetables, alfalfa, broccoli, and seaweed.

Lose a Bruise With Arnica Gel

Arnica is a plant supplement and a homeopathic remedy that has been shown to prevent and minimize bruising, Dr. Halem says. Specifically, arnica works as a topical treatment for bruising because it acts as an anti-inflammatory, and it also helps dilate capillaries under the skin, which lets blood and fluid move out of the injured area. Apply arnica gel to a bruise three or four times a day.

TRY

Cider Vinegar

HOW IT WORKS

Keep some cider vinegar on hand for instant bruise relief—it's an excellent natural anti-inflammatory.

HOW TO USE IT

Put a little on a cotton ball, and dab it directly on the bruise.

Burns

Unpleasant encounters with the oven or fireplace can happen to the best of us.

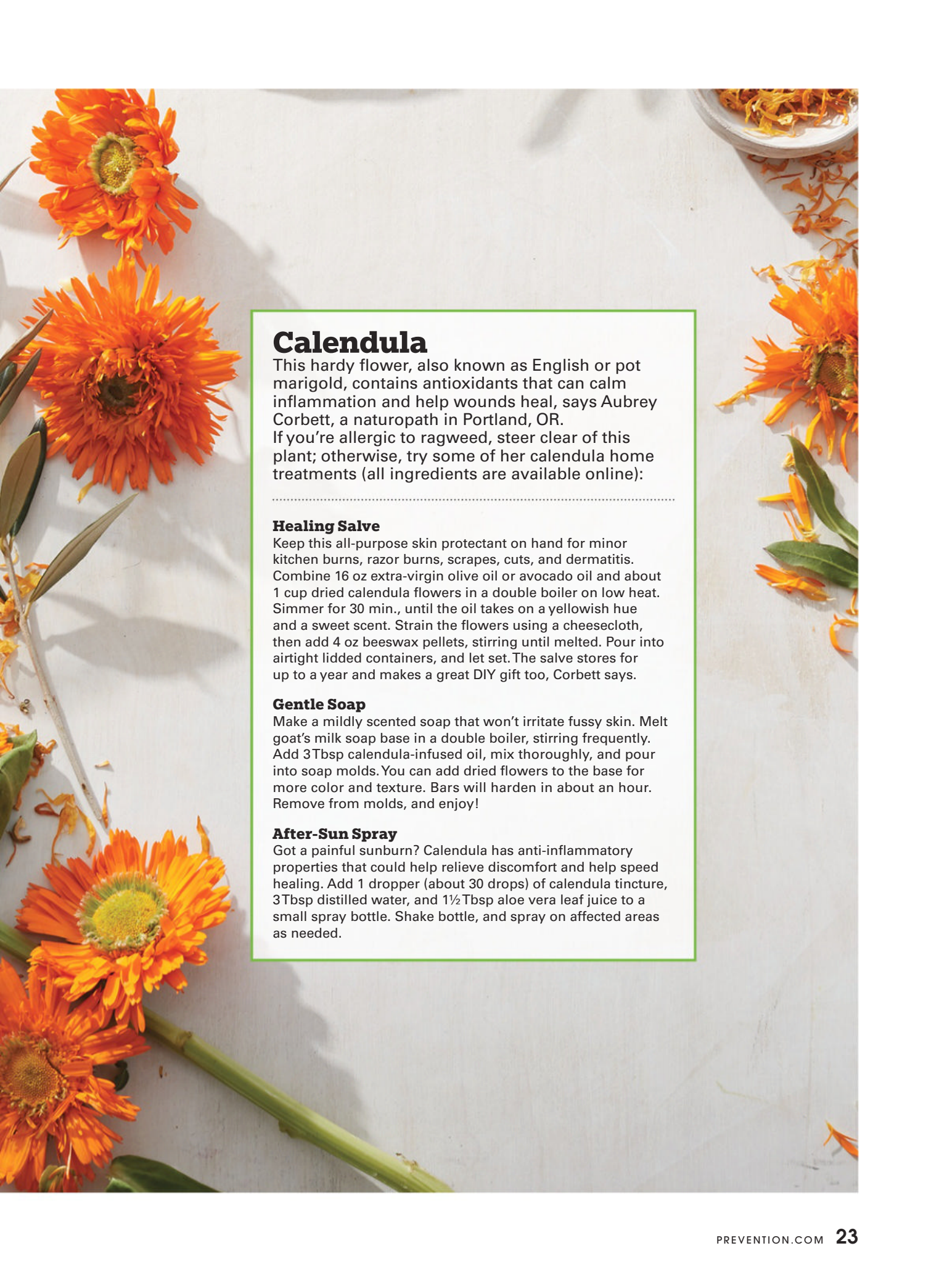
Right away, run a burn under cool—not cold—water to keep it from getting any worse. First-degree burns (in which the skin isn't broken, like sunburn) or fist-size second-degree burns (in which the skin blisters and then weeps) can be treated at home; anything more serious than that needs a doctor. The aloe in your medicine cabinet will probably help soothe a burn, but to get the plant's true healing effect, you'll need the unprocessed form, says Tina

Palmieri, M.D., the director of the University of California, Davis Regional Burn Center. Keep a plant at home, and break open the leaves to slather on burns. And any burn, regardless of size or severity, will heal much faster if you drink plenty of water, follow a high-protein, low-sodium diet, and take a daily multivitamin. For quick relief after you've burned the roof of your mouth, the tannin released from sucking on a cool, wet, black-tea bag also has a pain-relieving effect.



C





Calendula

This hardy flower, also known as English or pot marigold, contains antioxidants that can calm inflammation and help wounds heal, says Aubrey Corbett, a naturopath in Portland, OR. If you're allergic to ragweed, steer clear of this plant; otherwise, try some of her calendula home treatments (all ingredients are available online):

Healing Salve

Keep this all-purpose skin protectant on hand for minor kitchen burns, razor burns, scrapes, cuts, and dermatitis. Combine 16 oz extra-virgin olive oil or avocado oil and about 1 cup dried calendula flowers in a double boiler on low heat. Simmer for 30 min., until the oil takes on a yellowish hue and a sweet scent. Strain the flowers using a cheesecloth, then add 4 oz beeswax pellets, stirring until melted. Pour into airtight lidded containers, and let set. The salve stores for up to a year and makes a great DIY gift too, Corbett says.

Gentle Soap

Make a mildly scented soap that won't irritate fussy skin. Melt goat's milk soap base in a double boiler, stirring frequently. Add 3Tbsp calendula-infused oil, mix thoroughly, and pour into soap molds. You can add dried flowers to the base for more color and texture. Bars will harden in about an hour. Remove from molds, and enjoy!

After-Sun Spray

Got a painful sunburn? Calendula has anti-inflammatory properties that could help relieve discomfort and help speed healing. Add 1 dropper (about 30 drops) of calendula tincture, 3Tbsp distilled water, and 1½Tbsp aloe vera leaf juice to a small spray bottle. Shake bottle, and spray on affected areas as needed.

Canker Sores

These painful lesions develop on the soft tissues in your mouth or at the base of your gums.

OTC treatments will reduce pain immediately, but if you don't have one on hand, hold a pinch of instant coffee crystals to the painful spot. To speed healing and keep canker sores from coming back, rinse your mouth with warm salt water and baking soda several times a day. And check your toothpaste, says David Kennedy, D.D.S., the author of *How to Save Your Teeth*. Lots of froth might make your mouth feel clean, but pastes that bubble when you brush can increase your risk of canker sores and herpes outbreaks. The foaming agent sodium lauryl sulfate (listed on labels as SLS) strips a protective coating from your mouth, leaving you open to infection. If you're prone to outbreaks, avoid this ingredient.





Chamomile

You may already make your nighttime tea with it, but the superpowers of chamomile go far beyond lulling you to sleep. Compounds in this flowery plant can also lower inflammation and calm your entire nervous system. Make the most of the herb with these remedies from Laura Neville, a naturopath in Portland, OR.

Ease Back Pain

Fill a clean sock with 1 cup dried chamomile (available at mountainroseherbs.com). Tie up the end, and submerge the sock in warm bathwater; add 1 quart Epsom salts and 5 drops lavender essential oil. "Your skin will absorb the chamomile, which works with the salt and oil to help relax muscles and relieve back pain," Neville says.

Soothe Dark Eye Circles

"Chamomile tea helps increase circulation and soothe irritation around the eyes, reducing dark circles," Neville says. Place 2 tea bags in hot water for a few minutes, then remove and let cool. Place them over your eyelids, and relax for 10 min. Then take them off, and dry your skin with a cloth. (Avoid this if you're allergic to ragweed, since chamomile is in the same plant family.)

Quiet Anxiety

Chamomile can calm a busy mind: One University of Pennsylvania study of people with mild to moderate generalized anxiety disorder found that chamomile extract reduced symptoms better than a placebo. When you're feeling anxious or upset, Neville says, diffuse chamomile essential oil or drink a cup of plain chamomile tea.



Did you stock up on trendy coconut oil, only to find out that it isn't so healthy to eat? Don't waste it! The high saturated fat content makes it a great moisturizer. Plus, it's antimicrobial and antifungal. Try these recommendations from Elizabeth Taddiken, a naturopath at Rockwood Natural Medicine Clinic in Scottsdale, AZ.

Treat Your Feet

Summer's heat can up your chances of getting athlete's foot, a fungal infection often triggered by sweaty feet. Coconut oil may help soothe the infection and flaking skin. After you apply athlete's foot treatment, top it with a layer of organic refined coconut oil, and cover with cotton socks.

Care for Your Hair

Soften locks with a spa-worthy hair mask. Mix 3 to 5Tbsp organic refined coconut oil (in its liquid state) with 20 drops rosemary essential oil. Massage into hair, and cover with a shower cap. Let it sit for 30 to 60 min., then shampoo out.

Smooth Your Lips

Make your own balm: Add 2Tbsp organic refined coconut oil, 2Tbsp cocoa butter, and 2Tbsp grated beeswax or beeswax pellets (available online or at crafts stores) to a heat-resistant measuring cup. Pour 2 in. water into a small pot, then add the measuring cup so only the bottom is submerged. Heat water on low on medium until ingredients melt, stirring occasionally. Remove from heat, and carefully pour mixture into lip balm containers (fills 12 to 15 ¼-oz containers). Add 2 drops cinnamon essential oil per container, and stir; cover immediately. Refrigerate to cool, then share with your friends.

Cold + Flu Symptoms

Antibiotics are highly effective at knocking out bacterial infections but are useless against colds and flu, which are caused by viruses. So most people live with the sniffles and aches, maybe take an OTC remedy or two, and hope the symptoms will disappear in the customary week or so. You can do better.

C Your Way Healthier

Vitamin C supplements may cut back on coughing, sneezing, and other symptoms. But more important, the vitamin works in the body as a scavenger, picking up all sorts of viral trash, experts say. One summary of 30 studies of the vitamin's effects found "a consistently beneficial but generally modest therapeutic effect on duration of cold symptoms." On average, supplementing with vitamin C reduced the number of days people experienced cold symptoms by nearly 10%. Experts recommend that you take 100 to 500 mg daily. To help maintain levels of vitamin C throughout the day, take half the recommended dosage in the morning and half at night.

Try a Soothing Tea

Licorice root tea has an anesthetizing effect that soothes irritated throats and relieves coughs. Licorice root is available in tea bags. Or simply put the root in a nonmetallic tea ball, and let it steep in hot water.

Move More

Research shows that exercise helps bolster the immune system, by boosting cellular function. The stronger your immune system, the better able it is to defend you against viruses.

Go for Ginger

Most people use ginger—a potent natural anti-inflammatory herbal agent—in tea form as a way to soothe their painful throats. But fresh ginger is also good. Slice off a ½-inch piece gingerroot, and chew on it for pain relief.

TRY

Goldenseal & Echinacea

HOW IT WORKS

Goldenseal stimulates your liver, which is responsible for clearing up infections, and it also strengthens the ailing mucous membranes in your nose, mouth, and throat. Echinacea cleans your blood and lymph glands, which help circulate infection-fighting antibodies and remove toxic substances.

HOW TO USE IT

You can buy these herbs separately or in combination capsules. Whichever you choose, take them for up to two weeks, following the directions on the bottle.



FEEL-BETTER-FAST CHICKEN SOUP

A cup of hot chicken soup can help unclog your nasal passages, according to researchers at Mount Sinai Medical Center in Miami Beach, FL, who found that it increases the flow of nasal mucus, ushering germs out of your system. Use a recipe that includes garlic and onion, both known for their antiviral properties.

SERVES 8

- 2 Tbsp olive oil**
- 1 large onion, chopped**
- 5 carrots, sliced**
- 3 ribs celery, sliced**
- 8 oz mushrooms, sliced (optional)**
- 3 cloves garlic, minced**
- 3 sprigs thyme or parsley**
- 1 dried bay leaf**
- 2 qt reduced-sodium chicken broth**
- 2 lbs boneless, skinless chicken breasts or thighs**
- 8 oz wide egg noodles**
- Kosher salt and pepper**

1. Heat oil in 4-qt pot over medium. Add onion, carrots, celery, mushrooms (if desired), garlic, thyme, and bay leaf. Cook, stirring occasionally, until vegetables are softened but not browned, about 5 min. Stir in broth and 4 cups water. Bring to a boil.

2. Add chicken, and bring to a simmer. Simmer until cooked through, about 15 min. Transfer chicken to cutting board, and shred using two forks.

3. Stir in noodles and shredded chicken, and simmer until noodles are tender, about 7 min. Discard bay leaf, and season soup with salt and pepper.

4. Ladle soup into serving bowls. Or let chill completely, divide among individual serving containers with lids, and freeze up to 3 months.

NUTRITION (per serving) 299 cal, 30 g pro, 26 g carb, 3 g fiber, 7.5 g fat (1.5 g sat fat), 630 mg sodium





Cold Sores

Many of us will get an uncomfortable cold sore at least once during our lives. Generally, getting them means you were exposed during childhood to the highly contagious virus that causes cold sores, herpes simplex 1. This is different from the strain that causes genital herpes.

Sleep Upright

If you have a cold sore, prop a few pillows behind your head at bedtime to let gravity help the blister drain, says Lenore S. Kakita, M.D., a retired professor of dermatology at the David Geffen School of Medicine at UCLA. Otherwise, the fluid from the sore might settle into your lip during the night.

Replace Your Toothbrush

Your toothbrush can harbor the herpesvirus for days, reinfecting you after a cold sore heals. Throw away your toothbrush when you notice you're beginning to get a cold sore. If you still develop a sore, get a new toothbrush after the blister develops and breaks. This can prevent you from developing multiple sores. Once the sore has healed completely, replace your toothbrush again.

Grab an Ice Cube

Applying ice directly to a cold sore can reduce the swelling and provide temporary relief. Hold the cube on the sore for up to 20 min.

Turn to Vanilla

For a sweet-smelling fix, saturate a cotton swab with pure vanilla extract, which is naturally antiviral. Gently apply, holding the cotton swab on the affected area for up to a minute. Repeat three or four times daily until the cold sore goes away.

Constipation

Constipation is an uncomfortable issue that affects more than 4 million Americans each year. The need to defecate varies greatly. For some, a bowel movement three times a day is normal; for others, three times a week may suffice. If you're irregular, here are some ways to remedy the situation.

Loosen Up With Yoga

To get digestion on track, try a twisting pose to stimulate digestion. Sit with your legs straight out in front of you. Bend your right knee, and cross your right leg over your left, placing your right foot outside your left knee. Wrap your left arm around your right leg, placing your right hand on the ground. Lengthen on the inhale, and deepen the twist to your right on the exhale. Take 10 breaths, then repeat on the other side.

Snack on Yogurt

Many brands of yogurt contain live bacteria known as probiotics, which also naturally reside in your body and help keep your gut healthy. A review of studies published in the *American Journal of Clinical Nutrition* discovered that probiotics led to 1.3 more

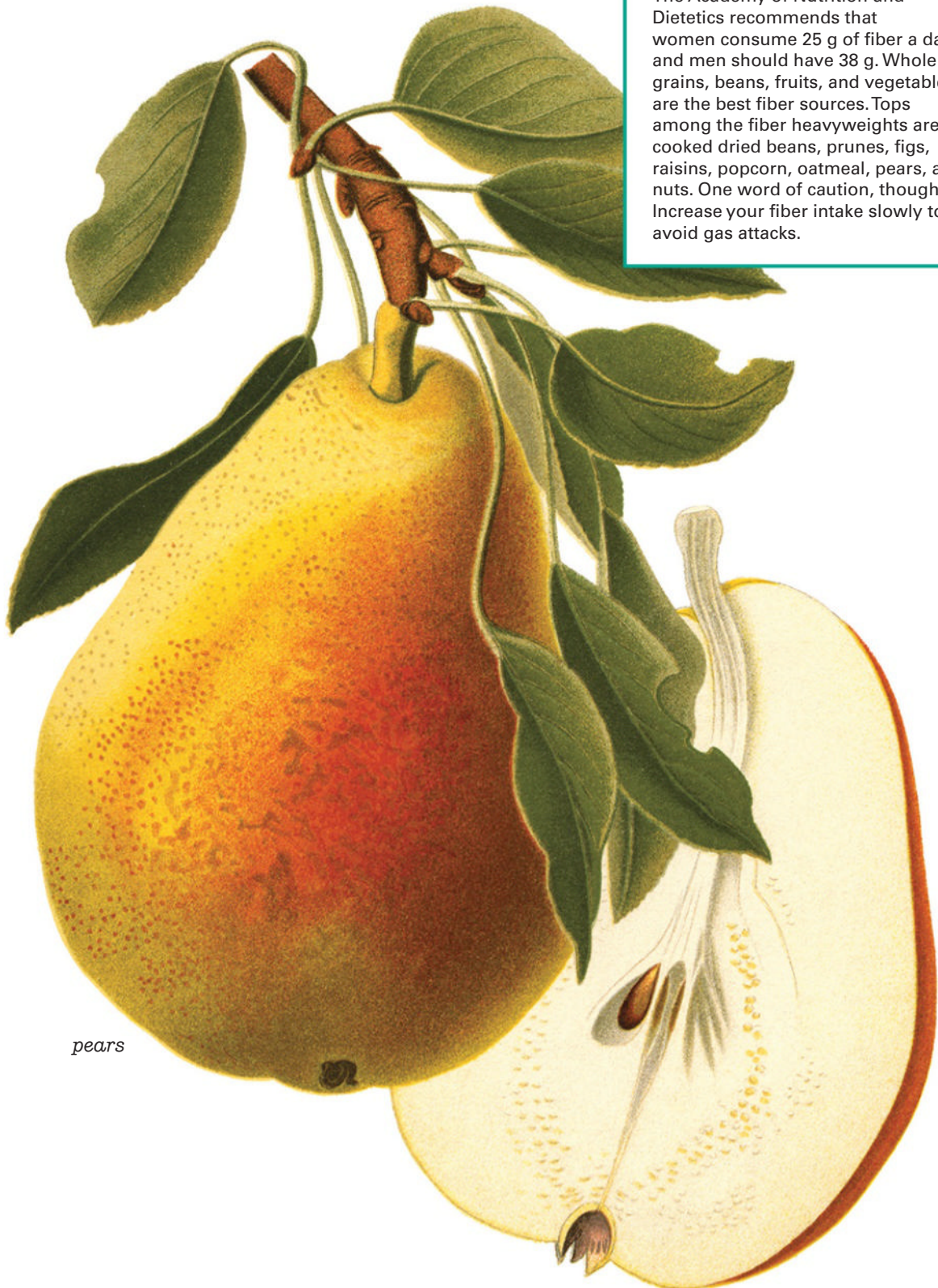
bowel movements weekly and reduced "gut transit time" (how long it takes for stool to pass) by more than 12 hr. Plus, probiotics can increase the amount of water present in your stool, which makes it easier to pass. Look for yogurt that contains the probiotic *Bifidobacterium lactis*, which has been proved to get your digestive system moving.

Make Your Own Natural Laxative

Grind two parts psyllium seeds with one part flaxseed and one part oat bran. Mix the ingredients with water, and have it as a little mash every night around 9 p.m. Psyllium absorbs liquid in the intestines, making a softer stool that's easier to pass, says Paul Rousseau, M.D., an internist in Charleston, SC, who specializes in geriatric medicine.

FINE-TUNE YOUR FIBER

The Academy of Nutrition and Dietetics recommends that women consume 25 g of fiber a day, and men should have 38 g. Whole grains, beans, fruits, and vegetables are the best fiber sources. Tops among the fiber heavyweights are cooked dried beans, prunes, figs, raisins, popcorn, oatmeal, pears, and nuts. One word of caution, though: Increase your fiber intake slowly to avoid gas attacks.



pears

Cough

You've finally beaten an awful cold, but one symptom won't go away: an annoying cough that has you proclaiming, "I'm really not sick anymore" (while everyone around you cringes). Research shows that most cold symptoms disappear in seven to 10 days, but some victims are still coughing on day 18. "A cough can linger longer than other symptoms because the immune system is still trying to get the airways back to normal," says Nicole M. Tyer, M.D., an internist at Cedars-Sinai in Los Angeles. As your congestion clears up, postnasal drip can also trigger a cough. It might seem to go on forever, but the hacking will eventually stop. If it lasts more than two months, call your doctor because this could signal something else, like allergies, asthma, or gastric reflux. Here's how to curb a cough early or ease it once it has taken hold.

PREVENT IT

Protect Yourself

The easiest way to ward off a lingering cough is to avoid getting sick in the first place. Be vigilant about washing your hands after going outside, touching common surfaces, or being around ill people. If you feel symptoms creeping up, try zinc or elderberry. Studies say both can shorten a cold if taken at the first sign of symptoms.

Rest Up

Sleep is when your body naturally repairs itself, and when you're sick, it gives your immune system time to fight. "Resting can help reduce the overall duration of symptoms," Dr. Tyer says. If your cough keeps you awake, prop your head up about 15 degrees with extra pillows. This helps open air passages so you can breathe more easily, and it may prevent mucus buildup in your throat.

Be Mindful of Your Air

When you're hacking away, avoid irritants that can worsen your cough or make it linger longer. Steer clear of smoke, perfume, and anything you're allergic to. Air purifiers can remove dust, dander, and other particles that may tickle your throat. Heaters dry out air, which can irritate a cough, so a humidifier can help by adding back moisture.

TREAT IT

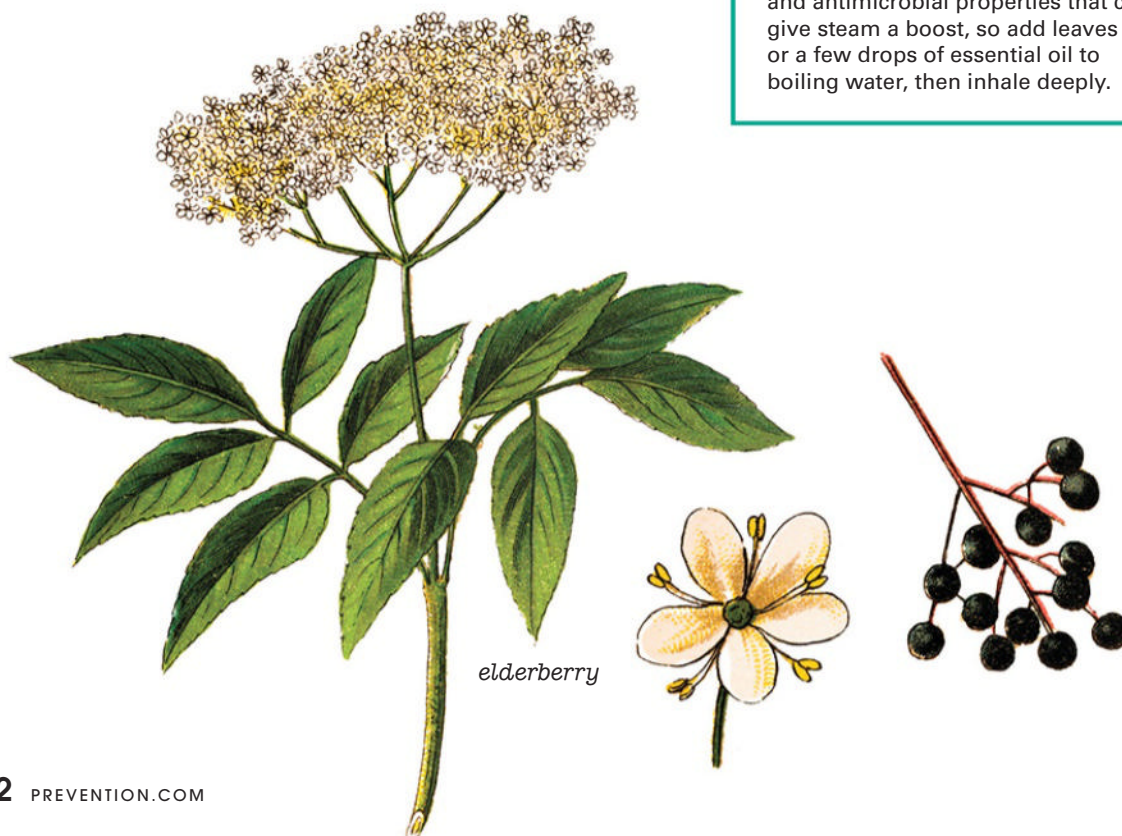
Enjoy Some Honey

Warm tea with honey can calm a scratchy throat; the hot liquid breaks up mucus in the chest and sinuses, and honey has natural antibacterial properties that may help fight the infection. A spoonful of honey could ease a cough on its own—one study found that in children age 2 and older, it can be as effective as dextromethorphan, one of the main ingredients in OTC cough suppressants.

TRY

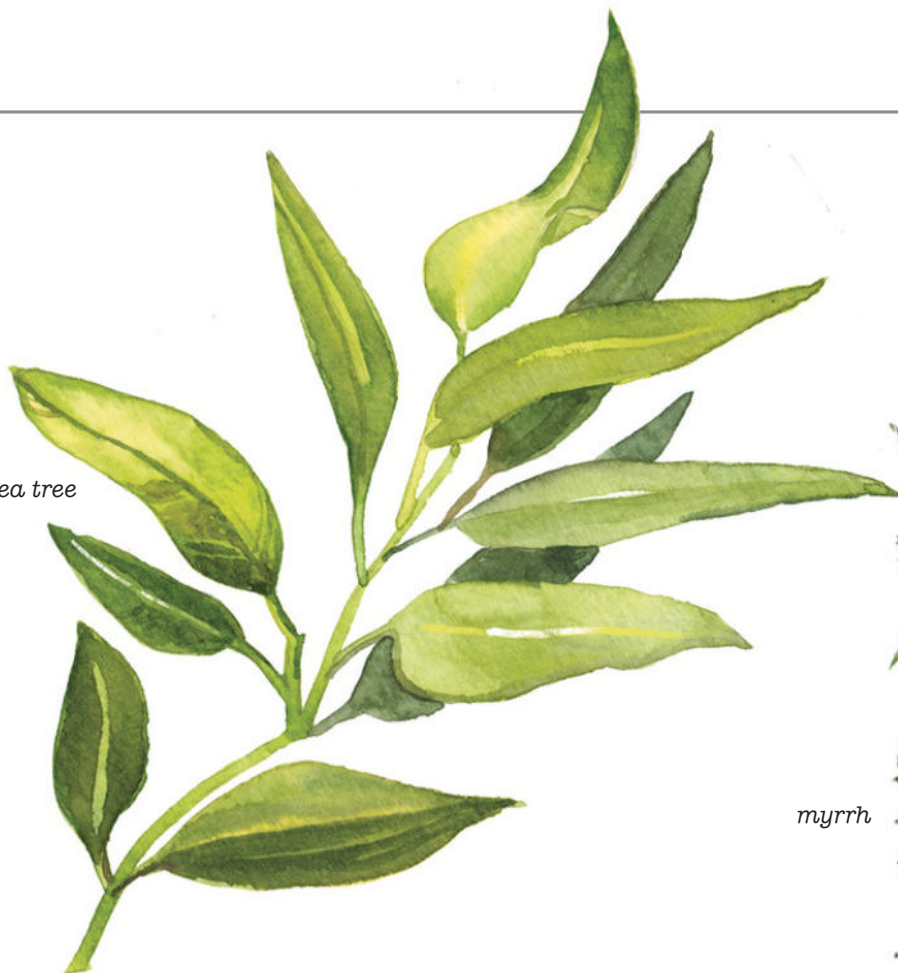
A Steam Facial

There's a reason a piping-hot shower feels so nice when you're sick—hot, humid air helps clear up cough-inducing mucus and moisturizes nasal passages and airways for easier breathing. Eucalyptus has antiviral and antimicrobial properties that can give steam a boost, so add leaves or a few drops of essential oil to boiling water, then inhale deeply.



elderberry

tea tree



myrrh



Cuts, Scrapes + Open Wounds

No matter how hard we try to avoid injuries, accidents happen. Help keep nicks, abrasions, and lacerations from becoming infected and turning into a more serious problem, and help your skin heal quickly with some natural TLC.

Try Tea Tree Oil for Scrapes

This oil contains a powerful antiseptic compound and has long been popular for healing wounds. Try diluting several drops of tea tree oil in a couple of tablespoons of vegetable oil and applying it to the cut or scrape.

Get Clever With Clove

"The dried flower buds of this tropical tree can be found on your spice rack," botanist James A. Duke said in his 1997 book, *The Green Pharmacy*. "You can sprinkle powdered cloves on a cut to keep it from becoming infected." Clove oil is rich in eugenol, a chemical that's both an antiseptic and a painkiller. Ask your dentist or aromatherapist about other uses for clove oil.

Dab Honey on Wounds

Honey contains three powerful wound-healing ingredients: sugar to absorb moisture so bacteria can't survive, hydrogen peroxide to disinfect, and the nectar-based

compound propolis to kill bacteria. Bonus: Honey dries to form a natural bandage.

Clean Cuts With Myrrh

Myrrh, a reddish-brown dried tree sap available in health-food stores, is a natural antiseptic known for its "blood-moving" properties that help with healing. Add 1 tsp myrrh extract to 4 oz water, and pour it over the wound, letting it air-dry before bandaging.

Go for Garlic

A delicious flavor enhancer, garlic—and its cousins onions and chives—is also a natural antibiotic with lots of antiseptic compounds. If you have a boo-boo, tape a clove of peeled garlic directly onto that cut or scrape to help speed up the healing. But if this irritates your skin, remove it immediately.

garlic



D

Diarrhea

In the past, when someone had diarrhea, doctors whipped out their prescription pads and dispensed antidiarrheal medication. Today doctors say the best medicine is to simply let diarrhea run its course. That's because acute diarrhea is one of your body's best defense mechanisms. It's your body's way of getting something nasty out of your system.

TRY

Some Tea

Tea is rich in tannins, which help bind stools and hold back bowel movements. Drinking chamomile tea may offer additional benefits: The herb has an antispasmodic effect that stops contractions in the lower intestine. Stay away from artificial sweeteners. Sorbitol is one found in sugarless gum, mints, and many diet sodas, and it often leads to the runs because it's not easily digested.

—Evangeline Lausier, M.D., an adjunct professor of medicine at Duke University School of Medicine

TRY

Cooking Water

Boil brown rice or oatmeal in twice the amount of water you normally would, then strain. Once cool, drink the water. It contains electrolytes that are often lost when you have diarrhea, and replacing them can help ease the problem.

—Amy Rothenberg, naturopath in Connecticut

No Pepto-Bismol in Sight?

Try drinking a glass of red or white wine. One study found it worked as well as the pink stuff; the alcohol's antibacterial properties killed off bacteria that cause traveler's diarrhea within 20 to 30 min. But don't overindulge; one glass is all you need. Also try probiotic supplements; doses of 5 to 10 billion live cultures of *Lactobacillus* bacteria have been shown to calm upset stomachs and stop diarrhea. And until you're back to normal, stick to easy-to-digest BRAT foods: bananas, rice, applesauce, and toast. Have some yogurt (plain, unsweetened, with live cultures) too.

Make a Solution With Pomegranate Skin

"A beverage made from pomegranate skin can help your upset stomach," says Gannady Raskin, the former dean of the School of Naturopathic Medicine at Bastyr University in Kenmore, WA. Set aside the peeled-off skin of one (you can store dried pomegranate skin in an airtight container or refrigerated for up to 6 months). Steep a tablespoon's worth in a cup of boiling water for 3 min., let cool, and drink.

Dry Eyes

Painful, itchy eyes are often a result of aging but also can be caused by certain medical conditions.

TRY

Flaxseed Oil

Too much screen time irritating your eyes? Take 1 to 2 tsp flaxseed oil each day. The anti-inflammatory properties of the omega-3 fatty acids it contains can help relieve the dryness in your eyes.

—Mark Moyad, M.D., author of *The Supplement Handbook*



E

Earaches

There are many causes of earaches. An ear infection is the most obvious one, but atmospheric pressure from airplane travel and deep-sea diving can cause ear pain even if you don't have an infection. Odd things, such as tiny clippings from a haircut, can also fall into the ear canal and irritate your eardrum.



Listen to an Onion (Really!)

This culinary tip to ease an ear infection is safe and soothing. Take a medium to large onion, and cut it in half across the middle. Bake the onion half at 350°F until it's soft. Let the onion cool until it will not burn the skin, and hold it over the affected ear with a towel. You can rewarm the onion half and use it every couple of hours as needed. The heat appears to help draw out the infection, and the onion contains antimicrobial properties. Plus, it feels good.

Take an Herbal Approach

Herbalists recommend using mullein oil—an extract of a flowering plant that grows in the Mediterranean region—and garlic oil for ear infections. Mullein is antimicrobial, and garlic works like an antibiotic. The oils will also migrate past the eardrum and help prevent further infections. Buy garlic oil, mullein oil, or a combo of the two in most health stores. Apply two to four drops in the affected ear, then cover with a little wad of cotton to keep the oil from running out. Caution: If you suspect the eardrum may be ruptured or punctured, never drop fluids into your ear.

Swimmer's Ear? Try DIY Drops

Drops of rubbing alcohol, white vinegar, or equal parts of each are great for killing germs and drying your ears. Pull your ear upward and backward (to help straighten the canal), and squeeze a dropperful into the ear canal. Wiggle your ear to get the liquid to the bottom of the canal. Then tilt your head to the other side, and let it drain out.

Try Other Heat Sources

A towel fresh from the dryer or a heating pad set on low can ease pain. You can also try applying a warm plate to an aching ear. The heat feels really good as it radiates inward. Here's how to put the method to work: Microwave a small ceramic plate or saucer for a couple of seconds, so it's not too hot to the touch. Then place the plate gently cupped over the ear that hurts, and hold it there.



chamomile

Eczema

Also known as atopic dermatitis, it's a disease that makes your skin red and itchy.

TRY Chamomile

HOW IT WORKS

For centuries, Europeans have used chamomile to treat skin problems—and with good reason. Chamomile has significant anti-inflammatory powers, says Michael T. Murray, a naturopath in Seattle. In fact, it works so well that Commission E, the German panel that evaluates medicinal herbs, recommends chamomile compresses for eczema and other inflammatory skin diseases.

HOW TO USE IT

To make a compress, add 1 to 2 heaping tsp of dried chamomile flowers to a cup of water just off the boil. Steep until cool, about 15 min., then soak a clean cloth in the tea, and apply it to the affected skin for at least a half hour.





Eucalyptus

The leaves of these native Australian evergreen trees provide more than a nice aroma. They contain powerful chemicals—such as eucalyptol—that help fight bacteria, viruses, and fungi and may ease headache pain, says Jenn Dazey, a registered herbalist and a practicing naturopath in Seattle. Put eucalyptus to the test with one of her favorite remedies.

Open Airways

Dealing with an upper respiratory infection? Breathe in relief with this natural remedy. In a glass bowl, melt $\frac{1}{4}$ cup coconut oil and five to seven menthol crystals (available online from herbal suppliers) in the microwave. Add 15 drops of eucalyptus essential oil and 5 drops each of sweet orange essential oil and rosemary essential oil; let cool. Rub the mixture liberally on your chest. The scents and the “hot cooling” effect of the menthol help make breathing a bit easier. Store leftovers in a lidded container.

Keep Nails Healthy

The antifungal properties of eucalyptus essential oil help combat athlete's foot and nail fungus. Combine 30 drops of the oil with 2 oz of undiluted neem-oil and 30 drops of tea tree oil. If a nail has thickened, lightly rub a metal nail file over it so the treatment can penetrate (clean the file with soapy water afterward). Before bedtime, apply 2 teaspoons of the mixture across all toes, then wear cotton socks overnight. Repeat nightly for up to several months, storing excess in a lidded container.

Relieve a Headache

As soon as you feel a tension or stress headache coming on, mix 1 drop each of eucalyptus essential oil and peppermint oil in the palm of your hand. Dab on your temples and behind your ears. Use as needed or once per hour, Dazey says.

F

Fatigue

A symptom of many illnesses, fatigue also strikes when nothing is medically wrong. When it happens, we have lots of ways to describe it: flattened, drained, depleted. It's interesting that many of the terms convey the idea that something vital is lacking. Here are some ways to adjust your diet and lifestyle to bring back that spark.

Find Out If You Have Food Sensitivities

Eliminating foods you're sensitive to will make a significant difference in your energy level. The most likely culprits are eggs, dairy products, and grains that contain gluten—primarily wheat, rye, and barley. The best way to find out if you're sensitive is to eliminate all of them from your diet for four to six weeks. Then allow foods from the list back into your diet, one at a time, every three or four days. If you experience headaches, runny nose, bloating, congestion, gas, aches and pains, or loose stools, it's likely that you're sensitive to that particular food. Once you've pinpointed a suspect, avoid it to see if you feel better.

Bring on the Bran

Rice bran is a great source of magnesium, which is a cofactor in dozens of reactions in the body, and you need at least 400 mg a day to help these reactions happen and feel energized. Rice bran has more than 900 mg per cup. Pick it up in any health-food store, and add it to cereals, smoothies, or oatmeal for a breakfast that gets you going.

Boost Energy With B

Energy production takes place in every cell in your body in tiny energy factories called mitochondria. It takes fuel—in the form of food—and several key nutrients to make this process work. One of the most important? B vitamins. Ensure that you're getting all the Bs by taking a B-complex supplement or adding foods high in vitamin B to your diet, like whole grains, red meat, eggs, dairy, and legumes.

Get the Right Amino Acid

Studies have shown the amino acid L-carnitine to be helpful in dealing with symptoms of fatigue. In one study, researchers found people taking the supplement experienced a decrease in mental and physical fatigue. Try taking 500 mg of L-carnitine twice a day.

Energize With an Enzyme

In one Japanese study, researchers gave coenzyme Q10 to healthy volunteers. The volunteers received 100 or 300 mg of the nutrient or a placebo daily for eight days. Then they were all asked to do a strenuous workout on a stationary bike. Those who took CoQ10 experienced less fatigue and recovered faster than those taking the placebo. Try taking 100 to 200 mg a day in supplement form.

Fever

Think of fever not so much as a menace but as your body's early warning system. It's the way your body fights infection—and a tool it uses to enhance its natural defense mechanisms. But you can make sure to stay hydrated and lessen pain with these tips.

Drink Up

When you're hot, your body perspires to cool you down. But if you lose too much water—as you might with a high fever—your body turns off its sweat ducts to forestall further water loss. This makes it more difficult for you to cope with your fever. In addition to plain water, doctors suggest drinking watered-down juice. Straight juice, no matter how nutritious, is too concentrated to drink in any quantity when you have a fever, and it may cause diarrhea. Always dilute it with one part water to make it easier for your body to absorb.

Try Linden Tea

Although any tea will provide needed fluid, several are particularly suited for fever. One recommended blend: thyme, linden flowers, and chamomile flowers. Thyme is antibacterial, linden promotes sweating, and chamomile reduces inflammation. Steep 1 tsp of the mixture in 1 cup freshly boiled water for 5 min. Strain and drink warm several times a day. These herbs are available in most health-food stores. Linden tea by itself is also good and can induce sweating to break a fever. Steep 1 Tbsp flowers in 1 cup boiled water for 5 min. Strain, and drink hot.



TRY Willow Bark

HOW IT WORKS

Chinese physicians have used willow to relieve pain since ancient times. This bark is rich in salicylates (aspirin-related compounds) and is considered nature's fever medication.

HOW TO USE IT

To take advantage of the healing powers of willow bark, soak 1 tsp powdered bark per cup of cold water for 8 hr., then strain it. Drink up to 3 cups a day. To improve the bitter taste, add sugar or honey and lemon. You can also mix it into herbal tea.



Gas

Uncomfortable—and sometimes embarrassing—gas is a common problem. It's often traced to diet. You might experience flatulence if your digestive system can't handle top offenders, like lactose and certain carbohydrates. Here's how to find relief.

TRY

Fennel Seeds

Fennel is a carminative, a compound that can disperse gas from the intestinal tract. Fennel seeds are in the spice section of most supermarkets and sold in Indian grocery stores as a digestive aid. Try chewing and swallowing ½ tsp seeds at the end of meals.

—Andrew Weil, M.D., integrative medicine practitioner and educator

TRY

Acidophilus Supplements

HOW IT WORKS

Acidophilus bacteria are friendly microorganisms that live in your intestines and support good digestion. A daily supplement of *acidophilus* capsules can eliminate gas problems, Dr. Weil says.

HOW TO USE IT

Make an effort to eat a serving of yogurt every day—check the label to make sure it contains live cultures—or buy *acidophilus* capsules, which you'll find refrigerated at the health-food store. Follow the label directions for proper dosing.

Brew a Stomach-Soothing Tea

To keep gas from becoming a painful embarrassment, follow large meals with a serving of herbal tea containing peppermint and caraway oils, which will settle the stomach and aid digestion. A brisk walk may stimulate the gut wall, making it easier to pass gas, one study found.

Use Charcoal in a New Way

Some studies have found that activated charcoal tablets are effective in eliminating excessive gas. Charcoal absorbs gases. Check with your doctor if you're taking any medication, because charcoal can soak up medicine as well as gas.



Grapefruit

With its bright hue and flavor, grapefruit is a ray of sunshine in the morning. It has more flavanones than any other citrus fruit, giving it antioxidant and antimicrobial properties that can ease cold symptoms and tone skin, says Joseph Vazquez, a naturopath and a professor at National University of Health Sciences in Lombard, IL. Try his ideas for using it at home:

Rejuvenate Your Skin

This antimicrobial mask can help clean acne-causing bacteria from pores, provide antioxidants for skin renewal and anti-aging benefits, and calm skin diseases like eczema. Mix juice from $\frac{1}{2}$ medium grapefruit (about $\frac{1}{2}$ cup) with 1 Tbsp honey, then add $\frac{1}{2}$ cup plain Greek yogurt. Apply a thin coat to face and wait until dry, about 5 min. Rinse, then pat skin dry. Discard excess. Feel free to use every other day.

Relieve a Sore Throat

Sip this tea when you have an upper respiratory infection. Cut a medium pink grapefruit into eight slices, including the rind. Put it in 32 oz water, and add a 3-in. piece of gingerroot, sliced into rounds; 4 to 5 Tbsp minced garlic; and one or two cinnamon sticks. Bring to a boil, then reduce heat and let simmer until liquid is reduced by half. Sift out solids, and add 1 Tbsp honey per cup of tea. (Check with your doctor first if you take medications; grapefruit can interact with some.)

Soak Away Stress

Boost mood and relax muscles with a stress-busting bath. Combine 1 cup Epsom salts and three to four drops of grapefruit oil extract or the juice of $\frac{1}{2}$ medium grapefruit. Add to a full bathtub of warm water, submerge yourself to your neck, and unwind.

H

Hair Loss

This common condition affects men and women alike.

TRY

Cedarwood, Lavender, Rosemary & Thyme Essential Oils

HOW IT WORKS

In a seven-month study published in the *Archives of Dermatology*, people with hair loss (alopecia) who massaged these essential oils—diluted with milder jojoba and grapeseed oils—into their scalps exhibited new hair growth.



cedarwood

Hangover

You may be familiar with the punishing effects of too many cocktails: nausea, headache, thirst, exhaustion. These symptoms occur as the liver metabolizes the alcohol and most of it has left the body, leaving behind a chemical called acetate, which can trigger this ickiness, says Damaris Rohsenow, Ph.D., a professor of behavioral and social sciences at Brown University. Plenty of products promise to handle a hangover, so we asked experts to sort through them.

Supplements

WHAT THEY ARE: Pills containing dihydromyricetin (DHM), milk thistle, or prickly pear cactus extract purport to help get rid of your hangover by providing you with nutrients and enhancing your body's natural detoxification processes.

WHAT WE KNOW: Studies haven't conclusively proved that those ingredients will prevent or cure hangovers. But if you believe that they are working, the placebo effect may be at play, says Torey Armul, a registered dietitian in Columbus, OH. If you think you feel better, then you do.



milk thistle



SHOULD YOU TRY THEM? Sure. They're likely safe, but don't expect a magic cure, Armul says. Also, the Food and Drug Administration doesn't evaluate supplements, so you can't be certain they contain what they claim to.

Rehydration Beverages

WHAT THEY ARE: Sports drinks and other beverages claim to rehydrate you and replenish electrolyte stores. (Pedialyte markets itself as a hangover aid.) There are also effervescent tablets that turn water into a fizzy drink to ease headache or fatigue.

WHAT WE KNOW: "Hydration is key: Drinking nonalcoholic fluids during and after imbibing can keep headaches, foginess, and fatigue at bay," Armul says. Tablets that dissolve contain aspirin and caffeine, both safe and effective at taming headaches; in moderation, caffeine can also increase alertness.

SHOULD YOU TRY THEM? Yes. Restoring the body's water and electrolyte levels will help relieve hangover symptoms, but good old H₂O works just as well as marketed products, experts say. If a headache is your issue, the fizzy stuff can help.

Headache Helpers

WHAT THEY ARE: Brands that make wine purifier gadgets say filtering your vino gets rid of sulfites and histamines often blamed for morning-after hurt. Another product, a clip worn on your hand, claims to alleviate headaches using acupressure.

WHAT WE KNOW: Studies haven't linked sulfites and headaches, Armul says, so filtration may not help. Histamines can cause headaches in people sensitive to them, so purifiers may help while you sip. But next-day pain is likely from alcohol, not histamines, so these probably won't help with hangovers. Last, no research shows that acupressure tames headaches caused by dehydration.

SHOULD YOU TRY THEM? If you're sensitive to sulfites or histamines, filters may help—but not if you drink too much. Acupressure is unlikely to be useful if what your body really needs is fluids.

Headaches

About 90% of all headaches are tension headaches, according to the National Headache Foundation. The pain is typically generalized, not specific to one spot. Stress, lack of sleep, hunger, bad posture, and eyestrain are the most common causes of tension headaches. No matter the cause, these ideas from **Andrew Weil, M.D.**, the founder and director of the Arizona Center for Integrative Medicine, can help.

One of the most apt descriptions of a headache I've ever read was in a novel called *We Were Liars*. Author E. Lockhart depicts it as a rusty saw "slicing through my forehead into the mind behind it." Lockhart eloquently captures a headache's paired agonies: physical pain and psychological disruption. The typical solution is an analgesic, like aspirin or ibuprofen, but this one-size-fits-all approach misses the fact that headaches can have varied causes that are best addressed by different therapies.

Tension

This is the most common type of headache, brought on by tense muscles in the head and neck. Massage, acupressure, hot or cold compresses, and rubs containing menthol or camphor may relieve the pain, and stress-neutralizing techniques like yoga breathing and meditation can help prevent episodes. Stress actually contributes to all kinds of headaches, so it's worth seeking out a tension-relief method that fits into your daily routine.

Migraine

Classic symptoms of this powerhouse include visual flashes or blind spots just before onset, throbbing pain, light sensitivity, and nausea and vomiting. Caused by rapidly dilating blood vessels, migraines can be triggered by food sensitivities, strong odors, hormonal fluctuations (migraines are more than twice as common in women as in men), and stress. As difficult as it may sound, my principal recommendation is to stop drinking caffeine daily, especially coffee (even decaf). Eventually your sensitivity to caffeine will increase. Then, when you feel a migraine coming on, drink one or two cups of a caffeinated beverage to circumvent that blood vessel dilation and stop the migraine in its tracks. To prevent it from happening in the first place, try 50 to 100 mg of extract of the herb butterbur (*Petasites hybridus*) twice daily with meals. Magnesium supplements (500 mg twice daily) can also be helpful.

Cluster

Characterized by intense, throbbing pain, these headaches typically occur on only one side of the head. They can last anywhere from 15 min. to 3 hr., recur up to eight times in 24 hr., and then retreat for weeks or months until another cluster strikes. To treat them, people often use strong medications, including the powerful drug ergotamine, or even surgery to disable nerve endings. Before you resort to these methods, I suggest trying biofeedback, acupuncture, and supplemental magnesium (500 mg twice daily).

Eyestrain

Symptoms include eyes that feel sore, hot, itchy, dry, or watery; blurred or double vision; and general soreness in the head, neck, or back. Eyestrain headaches are common these days—almost universally because of staring at glowing screens. The obvious solution is to take breaks (at least five minutes per hour), during which you should look into the middle and far distance. And of course, make sure your glasses are the right prescription.

**TRY****Peppermint Oil**

Peppermint essential oil can be applied to the temples to relieve tension headaches. You can make your own by putting five drops of peppermint essential oil in 1 oz of a carrier oil, such as almond or grapeseed. Shake well, and store in a small glass jar. When you feel a headache coming on, massage a few drops of the oil into your temples. Close your eyes, and take a few deep breaths. Repeat in 20 to 30 minutes if needed. Keep the oil away from the eye area, and don't use it on children under 6.

— *Tieraona Low Dog, M.D., an integrative medicine practitioner and an expert in herbal medicine*

HEADACHE DOS & DON'TS

DO

Put a pencil between your teeth, but don't bite down. This relaxes muscles to ease the ache—plus, it distracts from pain.

DON'T

Chew gum. The repetitive motion of chomping can tighten muscles, causing your head to pound.

DO

Wear sunglasses. Bright light can lead to squinting and, subsequently, a headache.

DON'T

Put on perfume. Strong scents can bring on a headache.

DO

Sleep on your back. Lying on your stomach can cause the muscles in your neck to contract, triggering a headache.



licorice

Heartburn

Many of us experience heartburn now and again—payback for gobbling one too many pizza slices on Friday night. But if you deal with bouts of it two or more times a week, you might have gastroesophageal reflux disease (GERD). This means the muscle at the bottom of the esophagus is too relaxed, letting digestive acid escape from the stomach and bubble up to create that bitter, sour postmeal sensation we know as heartburn. Over time, this can damage the esophagus, leading to ulcers, creation of scar tissue, or a potentially precancerous disorder called Barrett's esophagus. Start here to help tame chronic reflux.

PREVENT IT

Avoid Triggers

Limit dietary items linked to heartburn: acidic, fatty, and spicy foods; chocolate; alcohol; and carbonated drinks. Other foods may also affect you. "Food sensitivity varies from person to person," says Austin Chiang, M.D., M.P.H., a gastroenterologist at Thomas Jefferson University Hospital in Philadelphia. When you're hit with reflux, jot down what you've eaten, so you identify which foods get the green light and which don't.

Refine Eating Habits

A too-full stomach makes it more likely that acid will be pushed into the esophagus, so eat small meals and pause between bites, chewing thoroughly to slow your intake and give your stomach time to digest. This can also help you lose weight, which studies suggest can reduce GERD risk. Don't lie down for three hours after a meal: When you're upright, gravity keeps stomach acid from rising into the esophagus.

Rest and Relax

Stress and anxiety stimulate the release of hormones shown to make the esophagus more sensitive to GERD symptoms. Wind down with your go-to relaxation tactic, and get plenty of sleep—lack of sleep has been associated with more severe symptoms.

TREAT IT

Coat Your Throat

Preliminary research suggests that supplements of deglycyrrhizinated licorice, slippery elm, or marshmallow root help form a mucus barrier in your throat that protects the esophagus and reduces reflux irritation. Check with your doctor before taking them: Mucus-promoting natural remedies may decrease absorption of some medications.



Himalayan Salt

Mined near the foothills of Pakistan's Punjab region, pink Himalayan salt gets its rosy hue from trace minerals, like magnesium and potassium. But it isn't just pretty: It can also improve your skin or help replenish your body's fluid levels. Try one of these home treatments from Elizabeth Taddiken, a naturopath in Scottsdale, AZ.

Exfoliating Body Scrub

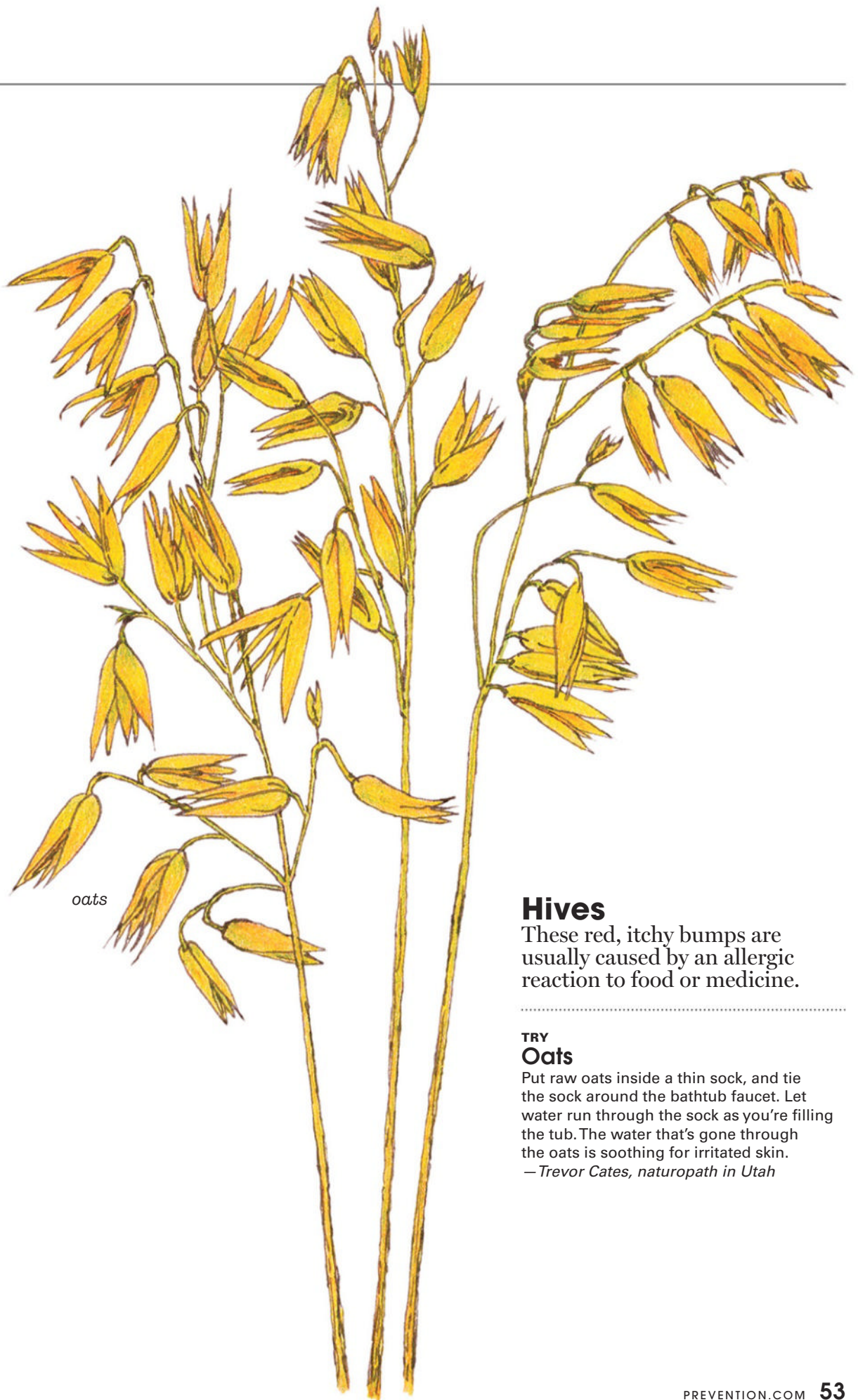
Combine 1 cup fine- or medium-grain pink Himalayan salt, $\frac{1}{4}$ cup olive oil, and 10 drops essential oil. Wet skin, then apply scrub in circular motions, avoiding broken skin, to remove dead skin cells.

Hydrating Spray

In an 8-oz spray bottle, mix 1 Tbsp pink Himalayan salt and 1 tsp magnesium flakes (available online) with 1 cup warm distilled water, then add three to five drops of essential oil, such as lavender, mint, or eucalyptus. Spritz on your face or body throughout the day, massaging into skin as needed.

Electrolyte Booster

Combine 2 cups purified water, $\frac{1}{2}$ cup fresh orange or lemon juice, $\frac{1}{4}$ tsp pink Himalayan salt, and 1 Tbsp honey. A little Himalayan salt can help restore electrolyte levels when they're low. "This can be beneficial for those who exercise a lot, or for someone who has a viral illness like cold or flu," Taddiken says. (If you have a disease such as hypertension or kidney disease, ask your doctor before increasing your salt consumption.)



oats

Hives

These red, itchy bumps are usually caused by an allergic reaction to food or medicine.

TRY Oats

Put raw oats inside a thin sock, and tie the sock around the bathtub faucet. Let water run through the sock as you're filling the tub. The water that's gone through the oats is soothing for irritated skin.

—Trevor Cates, naturopath in Utah



Hot Flashes

Anyone can feel too darn hot from time to time, but if you're among the majority of menopausal women, hot flashes can really make you lose your cool. These sauna-like moments happen when diminishing estrogen levels disrupt the body's internal thermostat, says Stephanie Faubion, M.D., the director of the Center for Women's Health at the Mayo Clinic. If you're wary of or unable to try hormone therapy, several new products promise to chill you out.

Wearable Devices

WHAT THEY ARE: Gadgets you wear on your wrist that claim to lower body temperature by emitting thermoelectric waves.

WHAT WE KNOW: With the push of a button, cooling waves are sent to nerve endings in the wrist, which can convince the brain that the entire body is cooling down. One small study found that the Embr Wave wristband improved users' whole-body comfort levels.

SHOULD YOU TRY THEM? Sure, says Lisa Larkin, M.D., a women's health internist in Cincinnati—if hot flashes are bothering you enough to make the cost worth it. “They're safe and drug-free, so they could be a good option for women who can't take hormone therapy,” she says.

Cooling Clothing

WHAT IT IS: Garments that claim to not only wick away sweat but also help lower your body temperature.

WHAT WE KNOW: Companies use different materials for the fabric, but the idea is the same: Sweat is absorbed into the clothing, where it interacts with air or interwoven xylitol threads to cool skin. Studies have shown that certain textiles are more cooling than others.

SHOULD YOU TRY IT? Yes. The clothing won't stop the flashes, Dr. Larkin says, but it can be helpful in keeping you cooler, especially when you're in a situation you know can trigger the heat, like traveling by plane.

Specialized Bedding

WHAT IT IS: Linens made of moisture-wicking material; pillows with a layer of cooling gel; mattress pads with water flowing through microchannels to regulate your body temperature.

WHAT WE KNOW: It's not just night sweats that can keep you up; many women going through menopause also suffer from hormone-related insomnia. While cooling linens won't fix hormonal imbalances, they may keep you comfortable enough to catch more zzz's.

SHOULD YOU TRY IT? Yes, for the sheets and pillows, Dr. Faubion says. But before you splurge on a sleep system, call your doc to discuss other therapies or lifestyle changes.

TRY

Sage Iced Tea

Studies find that sage can reduce the frequency of hot flashes.

Steep 1 Tbsp of the herb—dried or fresh—in 8 oz water for 5 to 10 min. Strain, chill, and drink.

—Danielle Miller,
naturopath in Seattle



Incontinence

Urinary incontinence is a symptom, not a disease. But the consequences of involuntary loss of urine can wreak havoc on a person's self-esteem, social life, and employment. It's important to let your doctor know if you're experiencing incontinence, but there are also some ways to help yourself.

Gain Control With Kegels

The Kegel exercise, developed in the late 1940s by Arnold Kegel, M.D., reduces and may even prevent some forms of incontinence in both genders and at all ages. To do it, you must first identify your pelvic floor muscles: Without tensing the muscles of your legs, buttocks, or abdomen, imagine that you're trying to hold back gas by tightening the ring of muscles (the sphincter) around the anus and, for women, also around the vaginal area. Or try stopping the flow of urine when you're urinating. Once you've isolated and identified the correct muscles, you're ready to do the exercise. With an empty bladder, slowly tighten, lift, and

draw in those muscles you found. Hold them for five seconds, then rest for 10 seconds. Practice over a few weeks to try to build your holding time to 10 seconds. To test how strong your muscles have become, try stopping and then restarting your urinary flow the next time you're using the toilet.

Drink "Flat" Water

The carbon dioxide bubbles in fizzy water and soft drinks make urine more acidic, triggering the urge to go.

Stay Away From Citrus

The acids in grapefruits, oranges, tomatoes, and fruit juices can cause bladder woes for many people. The only way to know for sure if these acids are part of the problem is to eliminate them from your diet to see if your condition improves.

Build Up Your Bacteria

A supplement with the healthy bacterium *Lactobacillus acidophilus* helps build protective bacteria in the urethra and the digestive tract. Take a capsule that contains 1 billion CFUs (colony-forming units) of *Lactobacillus acidophilus* once a day with a meal. You should see improvements in two to four weeks. Once you've finished the supplements, eat 6 oz of plain yogurt a day to help maintain urinary health.

Quiet Your Mind

When you have a sudden urge to pee, breathe deeply and calm yourself down. If you can relax for 30 to 60 seconds, there's a good chance the urge will go away, says Abraham N. Morse, M.D., a urogynecologist in Boston. Since anxiety magnifies body sensations in a negative way, anything you can do to reduce stress will benefit your bladder.



witch hazel

Insect Bites

Most bites and stings are minor annoyances that itch and produce ugly little welts that last a few days. But they can also lead to complications like allergic reactions or worse if you don't take action. Figure out the right treatment for the bug that bothered you.

Take Care of Ticks

Trying to brush away a tick as you would a fly has no effect, so you need to remove it. And forcefully plucking it out may leave its mouthparts embedded, setting the stage for infection. Instead, Mark S. Fradin, M.D., a dermatologist in Chapel Hill, NC, recommends using a pair of fine-tipped tweezers to grab the tick as close to the

attachment site as possible. Then very slowly pull the tick out in the direction its back end points. Do not squeeze the body—it can regurgitate into your skin. Once you've removed the tick, wash the bite area with soap and water, and apply iodine or another antiseptic to prevent infection. See your doctor right away if you notice symptoms of Lyme disease.

Heal Bites With Witch Hazel

Witch hazel is an astringent that's extracted from the bark of the witch hazel plant. Applying it to bites will soothe the inflamed skin, kill bacteria, and tighten the tissue, helping bites heal quickly.

Make Bee Stings Better

Act fast. The quicker you apply some sort of first-aid treatment, the better your chances of controlling pain and swelling. But be careful not to squeeze the stinger or sac, which will release more poison. Scraping the stinger out is the best approach. Use your fingernail, a nail file, or even the edge of a credit card to gently scrape under the stinger and flip it out, says Richard Hansen, M.D., who practices preventive medicine in Creswell, OR.

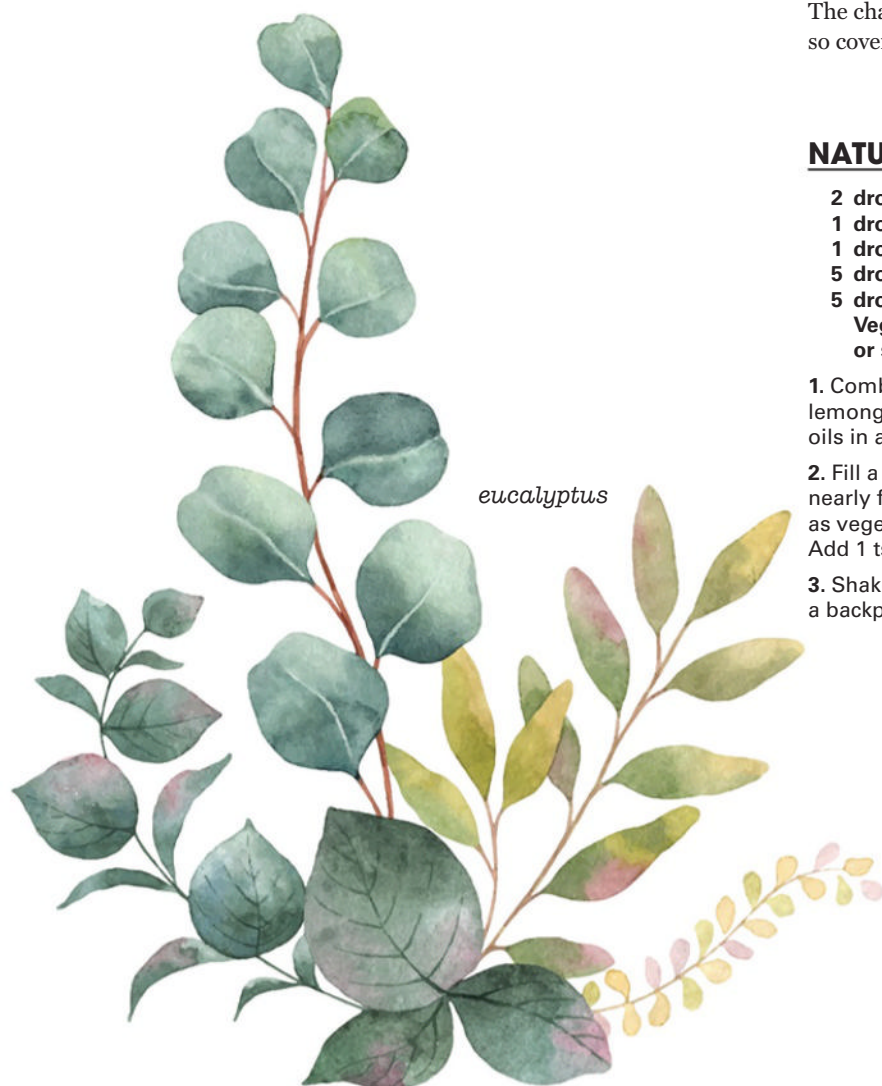
To Deaden the Pain Fast, Try...

ICE: Placed over the sting, it can reduce pain and cut down on swelling to keep the venom from spreading.

BAKING SODA: A paste of baking soda and water may be mildly effective. The alkali in the baking soda tends to neutralize the pain.

MEAT TENDERIZER: "An enzyme-based meat tenderizer, such as Adolph's or McCormick, breaks down the proteins that make up insect venom," says David Golden, M.D., an allergy and immunology specialist and a professor at Johns Hopkins University School of Medicine in Baltimore. You have to use it right away to be effective.

ACTIVATED CHARCOAL: "A paste of powdered activated charcoal will draw the poison out very quickly, so the sting won't swell or hurt," Dr. Hansen says. Carefully open a few charcoal capsules and remove the powder. Moisten with water, and apply to the sting. The charcoal works best if it stays moist, so cover it with gauze or plastic wrap.



NATURAL INSECT REPELLENT

- 2 drops citronella oil
- 1 drop eucalyptus oil
- 1 drop lemongrass oil
- 5 drops basil oil
- 5 drops tea tree oil
- Vegetable oil, lotion, or sunscreen

1. Combine citronella, eucalyptus, lemongrass, basil, and tea tree essential oils in a 1-oz brown dropper bottle.

2. Fill a 4-oz plastic flip-top bottle nearly full with a neutral base, such as vegetable oil, lotion, or sunscreen. Add 1 tsp essential oil mix.

3. Shake well, label the bottle, and pop it into a backpack or picnic basket. Apply as needed.





Insomnia

Insomnia ranks near the top of the list of the reasons people seek a doctor's help. At one time, doctors might have automatically prescribed a pill or two to ease you into dreamland, but that isn't always the case today. Researchers and doctors are learning more about sleep all the time, including approaches that you can use to try to correct the problem yourself.

Look to Light Therapy

Dim the lights for an hour or so before bed to trigger your body's production of the sleep-inducing hormone melatonin, then expose yourself to bright daylight in the morning to turn off melatonin production. When the days get shorter and darker in winter, you can approximate sunshine using a device that emits full-spectrum white light for 15 to 30 min. a day.

Eat the Right Bedtime Snack

Go for peanut butter on toast or a small serving of yogurt and fruit. Protein helps produce the amino acid tryptophan, and carbohydrates make the tryptophan more available to your brain, and that leads to production of serotonin, a relaxation chemical.

Breathe Into Sleep

The key to successfully falling asleep is to focus on becoming more relaxed—let sleep happen to you instead of trying to make it happen to you. Slow down your breathing, and imagine the air moving in and out of your lungs as you breathe from your belly.

Replace Unpleasant Thoughts

Keep yourself from rehashing a stressful day by focusing your thoughts on something peaceful. Think about enjoyable experiences. Reminisce about good times, fantasize, or play some mental games. Try counting sheep or counting backward from 1,000 by fives or sevens. Play some soft, soothing environmental noise: the sound of a waterfall, waves crashing on a beach, or rain in a forest.

TRY Valerian

HOW IT WORKS

Studies suggest that this herbal remedy might improve sleep quality without side effects. Valerian root seems to act as a sedative, reducing anxiety and calming the body.

HOW TO USE IT

If you're going to try this alternative, take 400 to 900 mg of valerian extract between 30 min. and 2 hr. before bed.



valerian

K

Knee Pain

It affects people of all ages and can be caused by injury, arthritis, or an infection.

Go Homeopathic

Arnica, an herb that comes from a European flower, has natural anti-inflammatory properties. German scientists found that it reduces swelling of the knee from surgery. Use homeopathic arnica as an adjunct to ice or conventional medications you may be using for knee pain, says Jane Guiltinan, a retired naturopath in Washington state. Rub arnica ointment on bruises or strained muscles, or take it up to six times a day in the form of three pellets placed under the tongue.

Give Your Knee Some Vitamin C

Australian scientists discovered that vitamin C, found in produce like bell peppers, kiwifruit, tomatoes, and oranges, reduces knee pain by protecting your knees against arthritis. Lutein in red peppers can help protect joints, and those eating high amounts of vitamin C in their diets were less likely to have bone degeneration that leads to knee pain and the development of knee osteoarthritis.

Spice It Up

OTC creams that contain capsaicin, an extract from chiles, may tone down knee pain. A study found that nearly 40% of arthritis patients reduced their pain by half after using capsaicin cream for a month. These creams, such as Zostrix and Capzasin-P, may be irritating to skin, so try using one on a small spot for a few days before applying it to your entire knee, and don't apply it to cuts, scrapes, or broken skin.



arnica

L





Lavender

The purple flowers of this multipurpose herb have antibacterial and sedative properties, which make them useful for treating sinus headaches, dandruff, and other conditions. And the calming scent can help quell anxiety.

Ease Anxiety

Brew some lavender tea. "The process of preparing and slowly savoring tea can create a temporary oasis of calm and focus that adds to the healing effects of the herb," says Dorcia Tucker, a psychologist in Maryland. Steep 1 tsp dried lavender (or a mixture of lavender and chamomile, another calming herb) in 8 oz hot water for 5 to 7 min. Strain, sip, and de-stress.

Relieve a Sinus Headache

Dab a few drops of lavender essential oil onto your temples.

Treat Dandruff

LAVENDER AND TEA TREE OIL SHAMPOO

- $\frac{1}{4}$ cups distilled water
- $\frac{1}{4}$ cups liquid castile soap
- 1 Tbsp vitamin E oil
- 10–15 drops lavender essential oil
- 10 drops tea tree oil

Combine the water, soap, vitamin E oil, lavender essential oil, and tea tree oil in a bottle. Use to wash your hair and scalp, then rinse.

M

Menopausal Symptoms

Often, the first thing that comes to mind when someone hears the word “menopause” is hot flashes. And yes, those bothersome, sudden moments of feeling flushed are a key symptom of this time when a woman’s menstrual cycles end. But there’s a lot more to menopause—and you don’t have to dread it. Here are tips to combat common ailments associated with midlife.



Saint-John's-wort

WORRIED ABOUT OSTEOPOROSIS?

TRY

Vitamin D and Exercise

Adding calcium and vitamin D to your daily nutrition can help keep your bones strong. Physical activity protects against osteoporosis and can help prevent weight gain associated with menopause, improve your mood, and alleviate anxiety.

FEELING DEPRESSED?

TRY

Saint-John's-Wort

If hormone-related depression is experienced at an earlier stage in life, it may return during menopause. Saint-John's-wort, long recognized for its ability to fight melancholy, has been shown to be effective at treating mild to moderate depression. The dosage used in most clinical trials is 300-mg capsules three times a day, or an extract containing 0.3% hypericin, one of the active ingredients in Saint-John's-wort. You may need to use it regularly for two to three weeks before you see an effect.



black cohosh

IS ANXIETY ATTACKING?

TRY

Kava

Kava is emerging as the herb of choice for women who want to mellow out when life puts them on edge. An article in the journal *American Family Physician* recommended kava for short-term use in people with mild to moderate anxiety, based on the results of a number of studies. Kava has few side effects compared with prescription antianxiety drugs, is not addictive, and in therapeutic doses does not affect concentration or alertness. The standard dosage is 70 mg of standardized kava extract taken two or three times a day.

HORMONES GOING HAYWIRE?

TRY

Black Cohosh

Studies of menopausal women show that black cohosh may be helpful in treating mild to moderate hot flashes. Research focusing on a standardized black cohosh extract called Remifemin has found that it performs on par with estrogen-replacement treatment. It's not clear exactly how black cohosh works, but it may help control the effects of estrogen. To prevent menopausal symptoms, take one or two 40-mg capsules or tablets of extract (standardized to 2.5% triterpene glycosides) twice a day. If you are undergoing hormone-replacement therapy and would like to switch to black cohosh, talk to a health care practitioner. You may need guidance to make the transition so you don't have a flare-up of menopausal symptoms.



Mint

Many seasonal treats are made with peppermint's signature flavor. But it isn't just for a sweet-tooth fix: This cooling herb may also be a solution for drowsiness, pain, and congestion. Use the leaf and its essential oil to feel refreshed and healthy year-round.

Fight Fatigue

Feeling exhausted lately? Research shows that the scent of peppermint can improve how alert you feel, possibly by stimulating the nervous system. To help perk up, try this DIY room spray: Put 25 drops of mint essential oil in a spray bottle, then fill it halfway with witch hazel. Add distilled water to fill, and shake to mix.

Soothe Headaches

"Peppermint has been used for centuries for headaches because it can help relieve pressure," says Karen Rose, an herbalist in New York. One study found that topical application of peppermint oil could be as effective as Tylenol in relieving headache pain. Rub one or two drops of the oil on your temples.

Clear a Stuffy Nose

Menthol, a compound found in peppermint, is used as a common ingredient in cold medicine because it helps loosen mucus. Chew on one or two leaves of fresh peppermint to relieve congestion from a cold. Or try a facial steam, Rose says: Add 10 peppermint leaves or 1 Tbsp dried leaves to 2 cups hot water in a large bowl, and place a towel over your head to create a tent. Make sure the steam isn't too hot, then inhale it slowly for up to 10 min.

Muscle Strains + Sprains

When you overdo it—either by working hard or having fun—here's how to feel better in a hurry.

Head Off Problems

If you're planning to walk a near-marathon distance or run longer than you usually do, try to self-massage within a few hours afterward. In studies, postexercise massage decreased soreness and, in some cases, helped muscles regain full strength more quickly.

Feel Better Faster

To speed healing, drink electrolytes (in sports drinks) and eat berries and colorful vegetables like carrots, red bell peppers, and beets, says Hilary Andrews, a naturopath in Portland, OR. They're high in flavonoids, which help strengthen strained tissues and ligaments.

blueberries



raspberries



rose hips



strawberries



blackberries



N

Nausea

The word “nausea” evokes an awful experience: that uneasy rolling-wave sensation that often precedes vomiting. Terrible as it is, nausea is also an expression of the body’s wisdom. Just as hunger tells us to eat when we need food, nausea conveys the opposite—we need to empty our stomachs. So it shouldn’t necessarily be suppressed. In the case of food poisoning, for example, the most appropriate response is to surrender to the feeling—even to mentally encourage it. Once you vomit, you reduce the damaging potential of a pathogen and usually feel better almost instantly. **Andrew Weil, M.D.**, explains.

Finding Relief

There are times when nausea manifests inappropriately—during motion sickness, for instance, when one’s stomach feels upset on the deck of a rocking boat. (“Nausea” was derived from the Latin *naus*, or ship.) For a person stuck on a long ocean cruise or a winding car ride, quashing nausea is vital. For medication-free relief, try:

Gingerroot

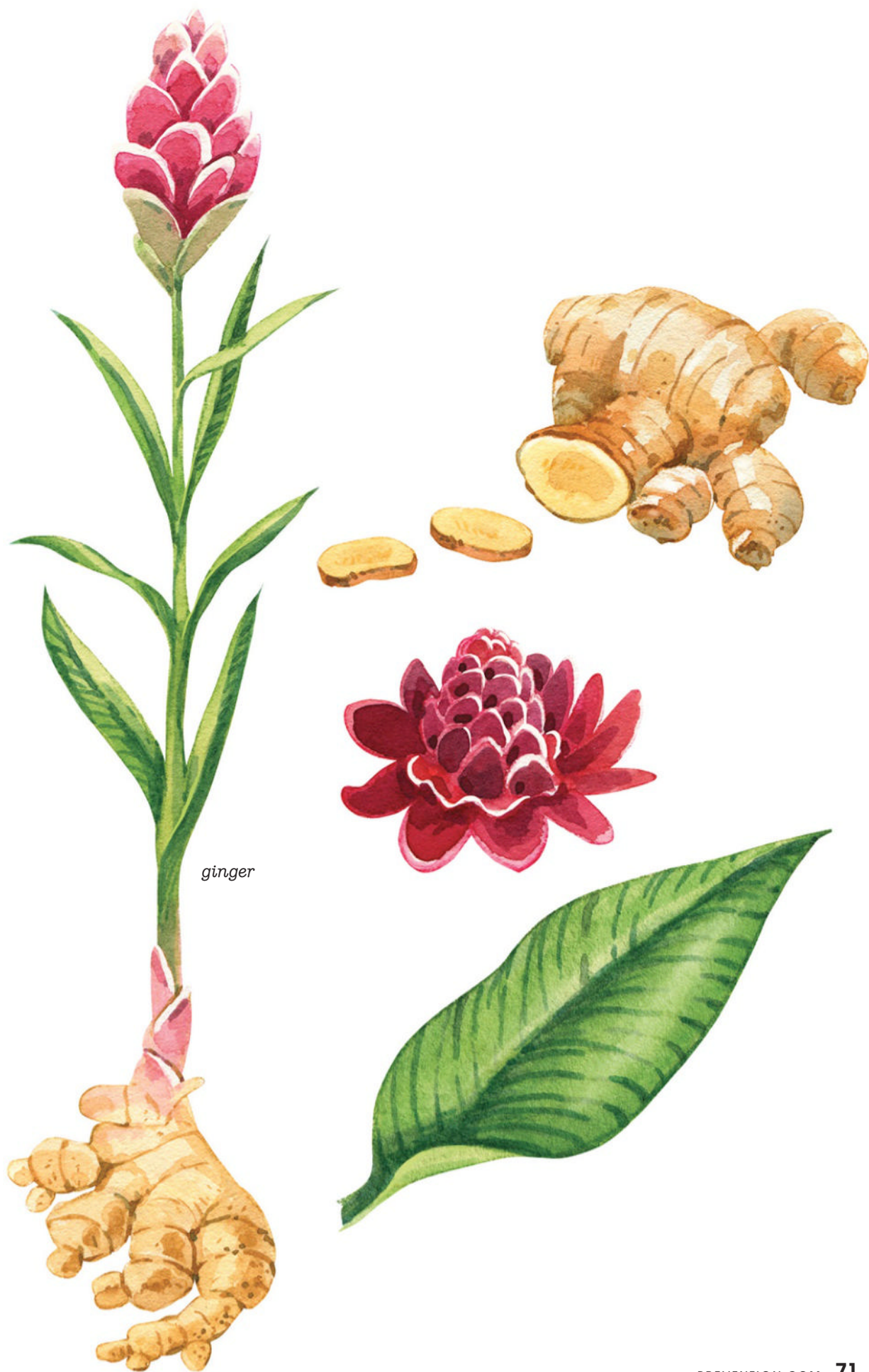
New research suggests that substances in the root known as gingerols damp down serotonin, one of the body’s major nausea-inducing neurochemicals. To treat or prevent nausea, try stirring ½ teaspoon of powdered ginger into a cup of water or taking two capsules of powdered ginger with water. Or try crystallized ginger, ginger chews, or hard ginger candy.

Acupressure

This is another traditional remedy that works quite well. Some wristbands (available in drugstores and online) feature a plastic peg that presses a particular spot on the inner wrist associated with quelling seasickness. Proper placement is crucial, so you’ll need to follow the instructions that come with the bands. One study found the bands to be a “noninvasive, inexpensive, safe, and effective treatment” for morning sickness, a more troubling form of nausea. A higher-tech device that works even better is the Reliefband, which delivers electric pulses to the proper spot.

Looking Into the Distance

Motion sickness is caused by losing your external point of reference while your body is moving—which explains why reading in a car or a boat can cause almost immediate severe nausea in some people. The best remedy is to focus on something distant and stationary, such as the horizon. So look up and out, and you could start feeling better within a few minutes. If there seems to be no reason for a case of nausea and it persists for more than two days, see your physician. This can be an early indicator of serious problems, including bowel cancer, gallbladder disease, heart attack, and peptic ulcer, or a potentially less serious condition like a migraine or the flu. A doctor can help diagnose or rule out such conditions.







Olive Oil

Extra-virgin olive oil is golden with benefits: It's good for cardiovascular, cellular, and brain health, and when used topically, it's anti-aging, anti-inflammatory, and ultranourishing as well. Elizabeth Taddiken, a naturopath in Scottsdale, AZ, shares her ideas for the kitchen staple.

Protect Your Heart

Enhance olive oil's heart-healthy properties by infusing it with rosemary, a circulatory stimulant. In a small saucepan, combine 1½ cups extra-virgin olive oil, eight to 10 rosemary sprigs, and a sprinkle of sea salt and pepper. Heat until almost simmering; remove from heat, and let steep. When cooled, transfer to a bottle. Use in salad dressings, soups, and stews.

Soften Dry Hands

For an anti-aging hand cream that's deeply moisturizing, combine 1 Tbsp each extra-virgin olive oil and organic ghee (clarified butter, available in health-food stores), ½ tsp vitamin E oil, and five to 10 drops essential oil (sandalwood, lavender, and neroli are all soothing). Massage into hands, nails, and cuticle area. Slip on cotton gloves for 30 to 60 minutes or overnight.

Get a Healthy Shave

Create a shaving oil with antibacterial powers by adding five to 10 drops of cedarwood essential oil (naturally antiseptic and anti-inflammatory) to ½ cup extra-virgin olive oil in a small plastic container. It's supermoisturizing, so there's no need to wash it off—just gently rub in any excess instead of applying lotion.

P



rosemary

PMS

Think of it as biological warfare, its battles played out on the fields of a woman's body and mind. Once a month, about two weeks before menstruating, the opposing armies—estrogen and progesterone—begin to amass. Trouble can come when one of them tries to outdo the other. Here's how to win the battle.

Consider Calcium + Vitamin D₃

Studies seem to suggest that these two can work in tandem to curb PMS symptoms. "In a study published in the *Archives of Internal Medicine*, researchers found that women who consumed 1,200 mg of calcium and 400 IU of vitamin D had a 40% reduction in risk of PMS," says Rallie McAllister, M.D., a family physician in Danville, KY. "Vitamin D₃ appears to be better absorbed and utilized by the body than vitamin D₂."

Rely on Rosemary

According to herbal experts, certain compounds in rosemary may bring hormone levels into balance and reduce symptoms. To make rosemary tea, bring 1 cup water to a boil, and pour it over 1 tsp rosemary leaves. Cover, and steep for 10 to 15 min., then drink warm. For three days during the week that you expect your period, drink a cup before lunch and another before dinner.

Make Room for Magnesium

Magnesium should be taken with calcium, since your body functions better when these two minerals work together. "When levels of calcium and magnesium are balanced in the body, carbohydrate cravings tend to diminish," Dr. McAllister says. This mineral may also promote restful sleep, reduce muscle cramping, regulate blood sugar levels, and minimize migraines.

Build Levels of Vitamin B₆

Research into vitamin B₆ and PMS has shown that increasing your intake of the nutrient can help alleviate symptoms like mood swings, fluid retention, breast tenderness, bloating, sugar cravings, and fatigue. But don't experiment with B₆ on your own, Dr. McAllister cautions. Talk to your doctor before beginning any vitamin therapy.

Opt for Evening Primrose Oil

This supplement may help alleviate the pain, cramping, and mood swings that commonly come with PMS, Dr. McAllister says.

Poison Ivy

If you even suspect that you've been exposed to poison oak, ivy, or sumac, get out of your clothes immediately, and clean your skin thoroughly. If blisters appear, treat the itch with calamine lotion and oatmeal baths.

HEALING CLAY POULTICE

Clay draws impurities from the skin to treat pimples, bugbites, bee stings, and poison ivy and oak. It also dries skin slightly, making it useful as a deep-cleaning mask for oily complexions.

Cosmetic clay

Water

**1 drop lavender
essential oil (optional)**

1. Combine equal parts cosmetic clay and water to make a paste.

2. Mix only as much as you'll use immediately; to treat a pimple or a bugbite, you'll need just ½ tsp or so. If you're treating a larger area, mix more.

3. Before using, test on a small area first; clay can cause irritation to sensitive skin. If you like, add lavender essential oil to the water before mixing the paste, says Mindy Green, a registered herbalist in Boulder, CO.

HOW TO USE IT

Apply a thin layer of the paste to the affected area, and let it dry. Leave the poultice on small areas overnight if you like. Powdered cosmetic clay will last indefinitely if stored properly (not mixed with water) in a tightly sealed jar.







Pumpkin Seeds

Carve out powerful health benefits by saving (and savoring) the seeds. "Pumpkin seeds and their oil contain a variety of diverse compounds," says Mark Moyad, M.D., a preventive and alternative medicine specialist in Ann Arbor, MI. If you're not up for picking through the gooey pulp and roasting your own, you can find the oil at health-food stores or buy the seeds prepackaged from your supermarket. Either way, you'll be healthier for the effort.

Doze Off Easily

Combine $\frac{1}{2}$ cup shelled pumpkin seeds and 3Tbsp unsweetened dried tart cherries. Enjoy as a tasty treat after dinner: The muscle-relaxing magnesium in the pumpkin seeds promotes sleep.

Heal Wounds Faster

Use a cotton ball to apply pumpkinseed oil to minor scrapes and cuts. This oil is rich in a form of vitamin E that's particularly potent for healing skin.

Relieve Hot Flashes and More

Make infused pumpkinseed oil: Mix 1 cup pumpkinseed oil with $2\frac{1}{2}$ Tbsp of a seasoning such as cumin or minced garlic (refrigerate oil for up to 4 days); regularly add a drizzle to salads, soups, and bread. "Researchers have found that menopause symptoms—including hot flashes, headaches, and joint pain—of women who consume pumpkinseed oil are less severe," says Marybeth Missenda, a nutrition professor at Maryland University of Integrative Health.

R

Rashes

Prescription steroid creams from your doctor can fight persistent eczema and dermatitis, but the quickest form of rash relief might be in your kitchen.

Soothe Your Skin

To help alleviate any itch, use a solution of one part white vinegar to 16 parts water. Soak a clean, soft cloth in the mixture, and apply the compress to your rash.

Turn to Oatmeal

Add several large scoops of oatmeal to a bathtub filled with lukewarm water, and bathe in the mixture for 10 min. to soothe inflamed skin, especially if the rash covers large portions of your body. For smaller areas, make some soupy oatmeal, and let it cool, then scoop the mixture into an old sock and strain the liquid. Use this sock as a compress to apply to the rash for 10 min. every 2 hr.

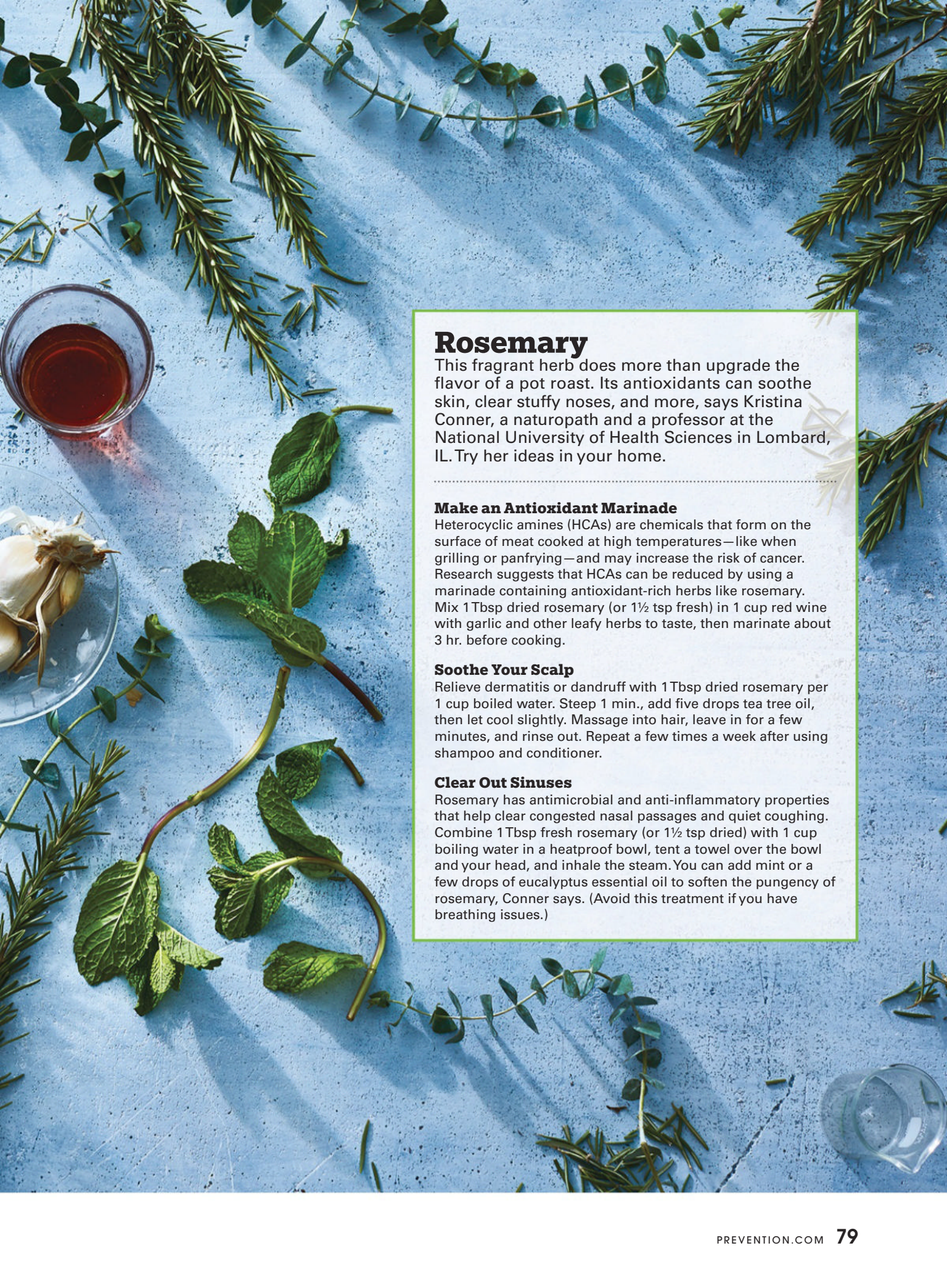
Cure It in the Kitchen

To soothe an itchy rash, mix together equal parts honey, olive oil, and beeswax. Research found that this combo healed

rashes more quickly than cortisone alone. You can also speed healing from the inside out by eating more omega-3 fatty acids from fish, walnuts, and flaxseed.

Find Relief With Jewelweed

A popular herbal treatment for poison-plant rashes is jewelweed, also known as touch-me-not and *Impatiens capensis*, which can be found online. Slather it on your skin to soothe the itching.



Rosemary

This fragrant herb does more than upgrade the flavor of a pot roast. Its antioxidants can soothe skin, clear stuffy noses, and more, says Kristina Conner, a naturopath and a professor at the National University of Health Sciences in Lombard, IL. Try her ideas in your home.

Make an Antioxidant Marinade

Heterocyclic amines (HCAs) are chemicals that form on the surface of meat cooked at high temperatures—like when grilling or panfrying—and may increase the risk of cancer. Research suggests that HCAs can be reduced by using a marinade containing antioxidant-rich herbs like rosemary. Mix 1 Tbsp dried rosemary (or 1½ tsp fresh) in 1 cup red wine with garlic and other leafy herbs to taste, then marinate about 3 hr. before cooking.

Soothe Your Scalp

Relieve dermatitis or dandruff with 1 Tbsp dried rosemary per 1 cup boiled water. Steep 1 min., add five drops tea tree oil, then let cool slightly. Massage into hair, leave in for a few minutes, and rinse out. Repeat a few times a week after using shampoo and conditioner.

Clear Out Sinuses

Rosemary has antimicrobial and anti-inflammatory properties that help clear congested nasal passages and quiet coughing. Combine 1 Tbsp fresh rosemary (or 1½ tsp dried) with 1 cup boiling water in a heatproof bowl, tent a towel over the bowl and your head, and inhale the steam. You can add mint or a few drops of eucalyptus essential oil to soften the pungency of rosemary, Conner says. (Avoid this treatment if you have breathing issues.)



Rose Water

The healing power of roses has a fragrant history: Cleopatra supposedly bathed in rose water religiously. With antibacterial and anti-inflammatory properties, rose petals hydrate and rejuvenate the body inside too. Elizabeth Taddiken, a naturopath in Scottsdale, AZ, shares her recommendations.

Aromatherapy Soak

Create a calming combination of rose and lavender mixed with detoxing baking soda and sea salt. Into a muslin bag, put 1 to 2 tsp organic rose petals, 1 to 2 tsp lavender, 1 Tbsp sea salt, 2 tsp baking soda, and 15 drops essential oil. Tighten top. Float in a tub, or hang under faucet as bath fills so water is infused. (The muslin bag can be washed and reused.)

Beautiful Immune Booster

Steeping rose petals releases vitamin C and antioxidants that could fend off illness. Put 1 tsp dried organic food-grade petals in a tea strainer, and place in a mug. Pour in boiling water, cover, and steep about 10 min. Sweeten with honey or stevia.

Refreshing Spritz

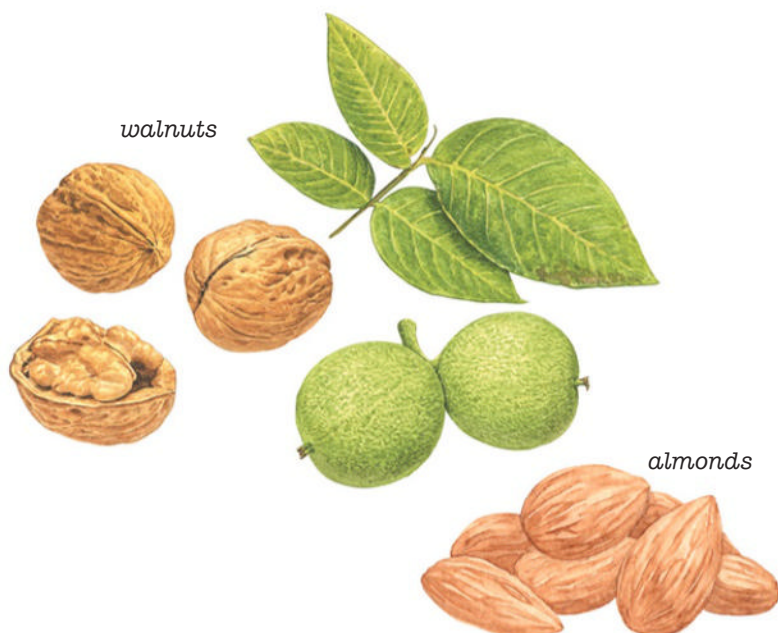
In a saucepan, combine ½ cup dried rose petals with 12 oz of distilled water. Cover, and bring to a boil. Then reduce heat to medium-low, and simmer 15 to 20 min. (or until petals fade to white or clear). Turn off heat, and let cool completely. Pour through cheesecloth into a glass measuring cup (squeeze liquid through), then pour into an 8-oz dark glass spray bottle. This gentle astringent and anti-inflammatory mist could reduce redness and even soothe sunburn. It will keep in the refrigerator for up to five weeks.



S

Seasonal Affective Disorder

Some people view winter as a cold stretch of darkness—literally and metaphorically. Dreary weather, shorter days, and curtailed activities can make you feel lethargic, lonely, and melancholy. Sometimes these feelings stem from seasonal affective disorder, a type of depression triggered by lack of daylight. Reduced sunlight can lower production of the mood-balancing brain chemical serotonin and throw off natural circadian rhythms that guide the body's physiology, says Dawn LaFrance, a psychologist at Colgate University in Hamilton, NY. Even if you don't have seasonal affective disorder, you may simply feel down when there's not much daylight. There are solutions for both kinds of blues. "If you know what strategies to use, winter can feel fine—or at least better," LaFrance says.



PREVENT IT

Get Outside

A daily dose of sunshine helps synchronize your body clock and lifts mood. "Outdoor light is two to 20 times brighter than most indoor light," says David Avery, M.D., a psychiatrist in Seattle. "Spend 30 minutes a day outside or in front of a window." Engaging in outdoor activities like skiing and walking in a snowy park has bonus benefits: Exercise is a mood booster and may help regulate circadian rhythms.

Eat for Your Mood

A 2018 review found that consuming plenty of vegetables, fruits, whole grains, and nuts (typical of the Mediterranean diet) and fewer inflammation-causing foods like processed meat was linked to a lower risk of depression. These foods are rich in vitamin B12, which the body needs to make serotonin, critical for mood regulation. Boost your vitamin D intake by loading up on fish, milk, and yogurt or taking a supplement—the "sunshine vitamin" may also play a role in serotonin activity.

TREAT IT

Shine a Light

Sitting in front of a light box that simulates outdoor light has been found to improve blue feelings in people with various forms of depression in just a week or two. A box that emits 10,000 lux is best; use it for 30 min. each morning. "Follow the unit's directions to make sure your eyes are an appropriate distance from the light," Dr. Avery says.

Sleep on a Schedule

Consistent sleep is crucial: Go to bed and get up at the same time each day, seven days a week. Sleeping in on the weekend makes it harder for your body clock to stay synchronized, worsening fatigue and mood. Try to stick to the sleep schedule you follow during those times of year when your mood seems brighter.

Shift Your Outlook

Focus on winter's upsides, like sipping hot cocoa by the fire. A therapist who specializes in cognitive behavioral therapy can help move your mindset from negative to positive. "Instead of *I'm miserable in winter*, think, *I have struggled with winter in the past but don't have to now*," LaFrance says. If these tactics don't help, consider asking a doctor about trying an antidepressant.







Sinusitis

When your sinuses function properly, entering bacteria get trapped and filtered out by mucus and minute nasal hairs called cilia. But if something impedes the cilia—if a cold clogs the sinus openings or an allergen swells the sinus linings—the air gets trapped, pressure builds, the mucus stagnates, and bacteria or other organisms can breed. Here's how to breathe clear.

Apply Pressure

Rubbing your sore sinuses brings a fresh blood supply to the area and soothing relief. Press your thumbs firmly on both sides of your nose, and hold for 15 to 30 seconds. Repeat.

Heat Things Up

Applying moist heat to tender sinuses will help ease pain. Place a warm washcloth over your eyes and cheekbones, and leave it there until you feel the pain subside. It may take only a few minutes.

TRY

A Foot Bath

Fill a basin with hot water, taking care not to burn yourself, and soak your feet for 5 to 8 min. Then splash your feet with cold water, dry them off, and put on warm, dry socks.

It's a beautiful treatment for drawing inflammation away from the head and neck. It's very relaxing too.

—Amy Rothenberg, naturopath in Connecticut

SINUS-CLEARING HUEVOS RANCHEROS

When your sinuses are bothering you, avoid wheat, milk, and cheese as much as possible, and focus on anti-inflammatory foods like beans and fresh vegetables.

SERVES 4

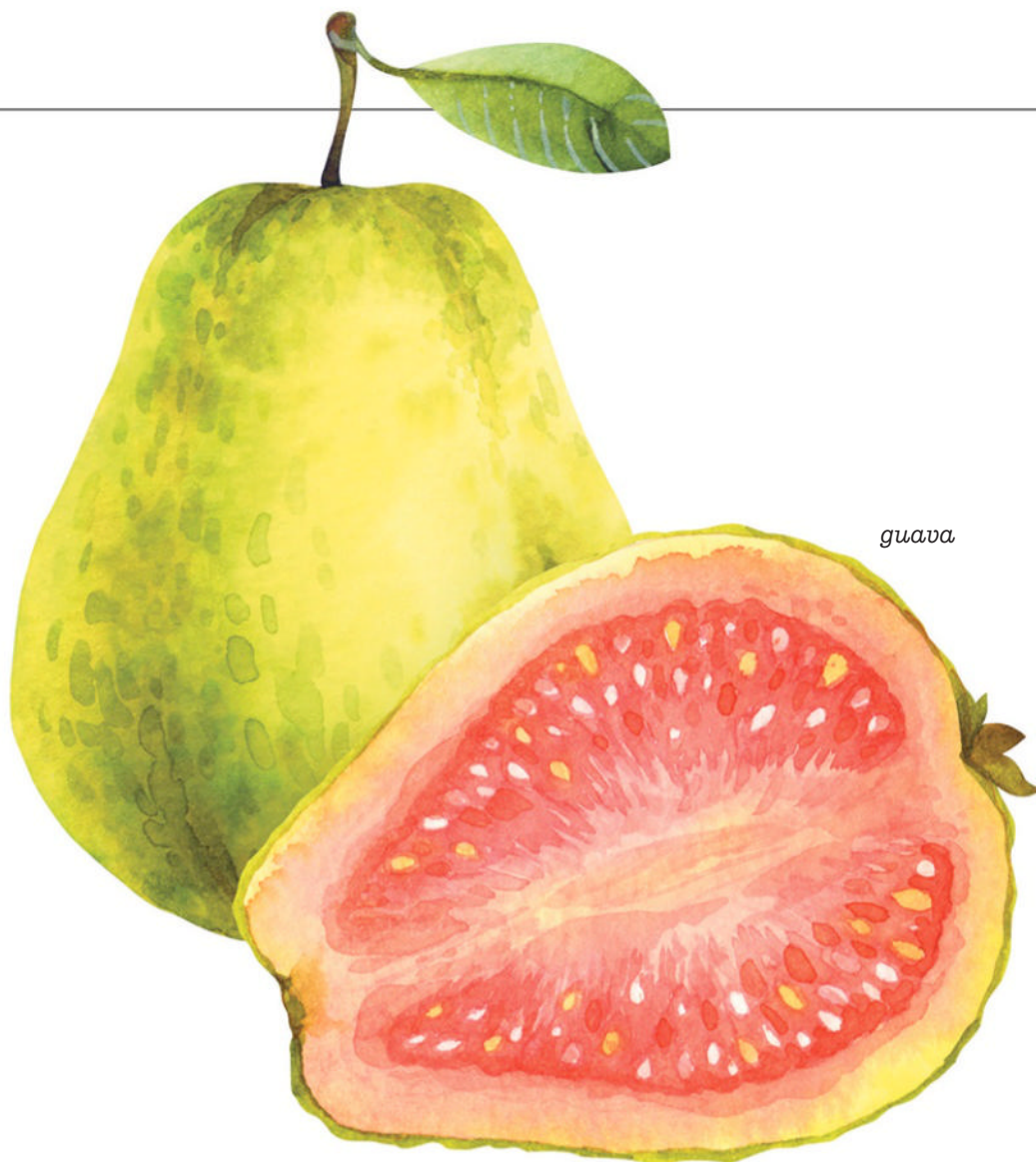
- 1 can (14.5 oz) whole peeled tomatoes
- ½ small onion, chopped
- 1 clove garlic, chopped
- 1 Tbsp chopped canned chipotle chile in adobo sauce
- ¼ cup chopped cilantro, plus more for garnish
- Juice of 1 lime
- Kosher salt and pepper
- 1 can (15 oz) black beans, rinsed and drained
- Pinch cumin
- 8 large eggs, preferably pasteurized
- 8 corn tortillas, warmed

1. Combine tomatoes (with juice), onion, garlic, chipotle, cilantro, and half the lime juice in a food processor, and pulse until well blended but still slightly chunky. Season with salt and pepper.

2. Mix beans, cumin, and remaining lime juice in a bowl, and season with salt and pepper. Use back of fork to lightly mash beans, adding a splash of warm water if necessary.

3. Heat a large seasoned cast-iron skillet coated with cooking spray over medium heat. Break eggs into skillet. Cook until whites have set but yolks are still loose and runny. Spread warm tortillas with beans, and top with eggs and salsa. Garnish with additional cilantro if desired, and serve immediately.

NUTRITION (per serving) 381 cal, 22 g pro, 49 g carb, 10 g fiber, 12.5 g fat (3 g sat fat), 671 mg sodium

*guava*

Stress

Everyone knows that the big transitions of life—losing a job, losing a family member, getting married, having a baby, buying a house—create major stress. But the little things can really add up. When you're ready to deal with the source of your stress, keep the following tips in mind.

Replenish Your Vitamin C Levels

The adrenal gland uses a great deal of vitamin C, and even more when we're under stress. How much of the nutrient do you need when you're experiencing a lot of stress? A conservative amount would be 1 to 2 g a day. Find it in foods such as red and green chiles, guavas, bell peppers, leafy greens, and strawberries.

Boost Your Stress-Busting Power

One of the best sources of essential fatty acids is fish oil, but foods like flaxseeds, walnuts, and hemp seeds have substances that convert to these fatty acids. Not everyone's body has the ability to convert

these substances efficiently, however. If you're a vegetarian with high levels of stress and anxiety, you might want to consider making an exception for a fish oil supplement.

Massage Your Target Muscles

Most of us have particular muscles that knot up under stress. It's a vicious circle: Stress produces adrenaline, which produces muscle tension, which produces more adrenaline, and so on. A good way to break the cycle is to find out what your target muscles are—the ones that get tense under pressure, usually in the back of your neck and upper back—and massage them for a couple of minutes whenever you feel tense.

STRESS-BUSTING SNIFFER

Fragrant essential oils have been used by herbalists for centuries to treat many conditions. Depending on the type of stress you're under (and how it's affecting you), use one or two of the oils below.

1 Tbsp coarse rock salt

6 drops essential oil:

- For tension, try lavender and orange
- For anger and irritability, try bergamot and chamomile
- For anxiety, try cedar and ylang-ylang

1. In a bowl, combine rock salt with essential oil. (If combining oils, use six drops total for 1 Tbsp salt.)

2. Mix well. Transfer to a small, dark glass bottle with a tight-fitting lid.

HOW TO USE IT

When you're feeling stressed, open the bottle, and gently fan the fragrance with your hand toward your nose. Then sit back, close your eyes, and breathe deeply. When stored in an airtight, light-protected bottle, the salts will keep for several months. (They won't spoil, but they will lose their scent over time.)



bergamot



Sunburn

It's fun to play in the sun, but if you aren't careful, too much exposure to its UV rays can cause a red, painful sunburn. Try these natural home solutions to quell the discomfort and speed the healing process.

Soothe the Red With White

If your sunburn is mild (no blisters), apply distilled white vinegar to the sunburned areas. The acetic acid in the vinegar acts as a topical NSAID (nonsteroidal anti-inflammatory drug).

Calm Skin With Aloe

"We're starting to see evidence in medical literature that aloe vera may really help wound healing," says Rodney Basler, M.D., a dermatologist in Lincoln, NE. Simply break off a leaf, and apply the juice. But test a small area first, he says, to make sure you're not allergic to aloe.

aloe



5 Foods to Heal Sunburns

Oatmeal

REDUCES INFLAMMATION

Wrap dry oatmeal in cheesecloth or gauze. Run cool water through it. Discard the oatmeal, and soak compresses in the liquid. Apply every 2 to 4 hr.

Fat-free milk

COOLS SKIN

Mix 1 cup fat-free milk with 4 cups water, then add a few ice cubes. Apply compresses for 15 to 20 min.; repeat every 2 to 4 hr.

Cornstarch

REDUCES PAIN

Add enough water to cornstarch to make a paste. Apply directly to the sunburn.

Lettuce

COOLS SKIN

Boil lettuce leaves in water. Strain, then let the liquid cool several hours in the refrigerator. Dip cotton balls into the liquid, and gently press or wipe onto irritated skin.

Yogurt

COOLS SKIN

Apply yogurt to all sunburned areas. Rinse off in a cool shower, then gently pat skin dry.

T





Thyme

Thyme, a fragrant herb often used in cooking, is also well known for its antimicrobial properties. It can be used in mouthwashes for sore gums, inflamed gums, or minor mouth infections. It can be enjoyed in meals to support already-healthy digestion, or it can be taken in larger quantities—such as in tea—to move stagnant digestion like bloating, belching, and flatulence.

Healthy Up Your Tummy

Thyme's antioxidant properties may soothe digestive muscles, relieving gas and bloating. Thyme is also believed to support a healthy mix of gut bacteria. Make a smoothie of 1½ cups almond milk, 1 frozen banana, 1 cup blueberries, 1 Tbsp raw almond butter, and the leaves from 3 thyme sprigs.

Boost Oral Health

Thyme is considered an herbal disinfectant because of the substance thymol. Add two to three drops thyme essential oil to ½ cup distilled water, and use as a mouthwash every morning before brushing your teeth. This helps fight bacteria and viruses, banish bad breath, and relieve swollen tonsils.

Toothaches

Minimize the intense facial pain with one of these easy fixes.

Don't Brush It Off

"It's like the Check Engine light on your dashboard," says David Kennedy, D.D.S. "You can't ignore it. You know you need a mechanic as soon as possible." So call the dentist and try oil of clove for a quick, numbing fix, or chew on a whole clove, Dr. Kennedy says. You could also try acupressure: In one study, rubbing an ice cube in the V-shaped area between thumb and index finger for 7 min. cut the intensity of tooth pain on the same side of the body.

U

Urinary Tract Infections

One in five women will get a urinary tract infection (in the urethra, bladder, or kidneys) at some point in her life, and the symptoms are easy to treat. But that's hardly reassuring when you're rushing to the bathroom every 15 min. to urinate—and experiencing burning, stinging pain when you do. You can find relief at home with these tricks.



Heal With Herbs

Capsules of uvaursi, also called bearberry, could help treat urinary tract infections, according to a report in *Alternative Medicine Review*. These capsules are available in most health-food stores. Follow the dosing recommendations on the label.

Drink Cranberry Juice

Cranberry juice is a traditional remedy for preventing UTIs, and scientific research suggests it works. It's rich in proanthocyanidins, chemical compounds that appear to help prevent bacteria from sticking to cells in the urinary tract. The key is to drink tart cranberry juice, not sweet cranberry juice cocktail. Drink 8 oz of unsweetened cranberry juice three times a day, or take one 400-mg capsule of cranberry concentrate twice daily for a few months to see if it makes a difference.

cranberries



SUPERSOOTHING SMOOTHIE

This delicious concoction features cranberry and yogurt—two ingredients that can help relieve the symptoms of a UTI.

SERVES 2

½ medium banana
¾ cup 2% Greek yogurt
½ cup cranberry juice
¼ cup vanilla soy milk
¼ cup ice cubes

Combine all ingredients in a blender. Puree until smooth. Pour into 2 glasses.

NUTRITION (per serving) 153 cal, 9 g pro, 27 g carb, 1 g fiber, 25 g fat (1 g sat fat), 44 mg sodium



Y





Yogurt

The darling of breakfast staples, yogurt likely already holds a dear place in your heart (and stomach). But if you're using it for parfaits only, you're missing out on its many other potential perks. This versatile ingredient is filled with compounds that can calm an occasional bout of adult acne, help prevent bone fractures, and soothe monthly cycle woes. Milk it for all it's worth!

Build Up Your Bones

Yogurt is packed with protein, calcium, and probiotics, all of which can help fortify your bones. Blend it into smoothies with kale (its vitamin K teams up with calcium to build sturdy bones) for an extra boost.

Banish Breakouts

Mix 1 Tbsp plain yogurt, ¼ medium mashed avocado, and four mashed strawberries until smooth. Apply to skin; rinse after 15 min. The lactic acid in yogurt acts as a gentle exfoliator, while avocado moisturizes and strawberries provide antioxidants for a glow.

Relieve PMS Bloat and Blues

Top 1 cup plain yogurt with ¼ cup blackberries and 1 Tbsp flaxseeds; eat regularly if you experience PMS symptoms. Yogurt's rich supply of calcium may relieve symptoms like bloating. Meanwhile, flaxseeds have phytonutrients that help balance hormones, and both flaxseeds and blackberries are high in fiber, which can ease constipation (a common PMS symptom).

Prevention

Herbal Remedies

ALL-NATURAL CURES



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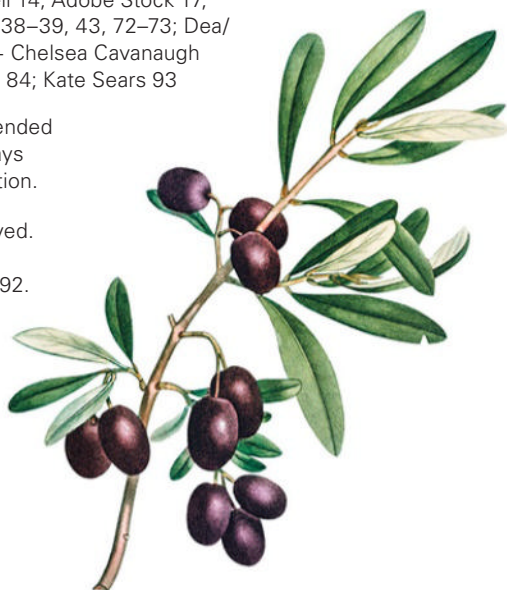
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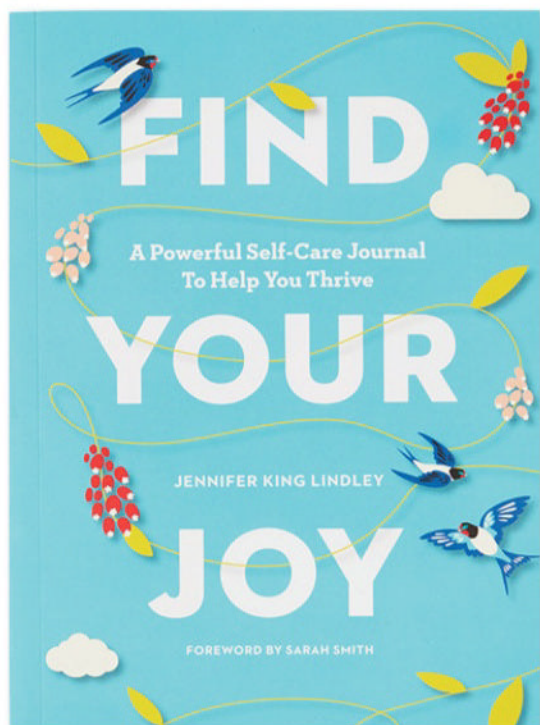
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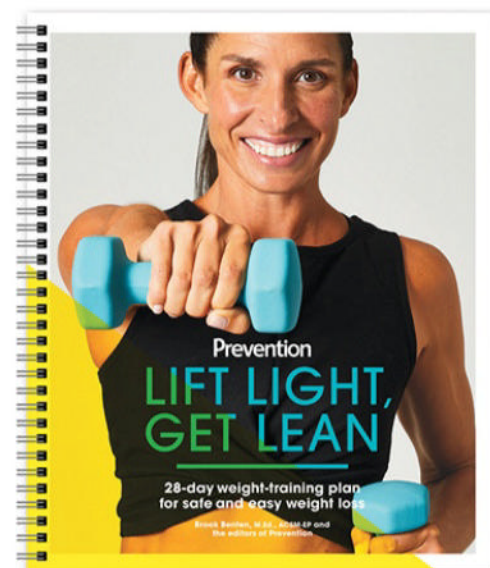
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